

LAMBDA

Laurentian University's Bilingual Student Newspaper
Le journal étudiant bilingue de l'Université Laurentienne
Volume 39 - Issue 7 / Numéro 7

Herbal Feature

Pages 8-10



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INSANE EDITORS SINCE 1961

Carleton Students Confront Stockwell Day on Campus

CFS Press Release

Ottawa - Canadian Alliance leader Stockwell Day faced an angry crowd of students November 6th at Carleton University. The students were demanding clarification on his party's position on post-secondary education.

About 300 students assembled spontaneously at Southam Hall early in the afternoon when they discovered that Day was on their campus. Student leader Christa Peters, Vice-President Internal, Carleton University Students' Association, confronted Day on a number of education-specific issues, including his position on student grants and an income contingent loan repayment scheme.

"Stockwell Day gave us no commitment that he would work for an accessible, post-secondary education system," said Peters. "Students are really scared about what might happen to education under an Alliance government."

Earlier this year, Day stated: "If the federal government thinks it

has the fiscal capacity to help students with college loans, then they have too much fiscal capacity."

According to the Alliance platform, the party proposes to scrap the Canadian Student Loans Program and replace it with a funding scheme to download the rising costs of education onto individual students. Known as an income-contingent repayment loan scheme, it was first proposed in Canada in 1960 and has been repeatedly rejected.

"The Alliance likes to say it's a new party with new ideas, but what it wants to do to education is outdated and unfair," said Michael Temelini, spokesperson of the Canadian Federation of Students.

Last week, the Federation released a poll conducted by Ipsos-Reid, as part of the Angus Reid Express omnibus survey. Seventy-nine per cent of those surveyed support using a portion of the budget surplus to increase funding for post secondary education. Eighty-two per cent support a national system of grants.

by Oliver Curwen
staff writer

Recently, Lambda was approached by the Laurentian Security Office to explain the "new" security cameras on campus. I, therefore, took the opportunity last Friday to meet with Larry Denomme, the Chief of Security to hear his story. Mr Denomme was to clarify the cameras and security on campus in general to the student body. Here's what I got out of the hour-long meeting.

The L.U. Harrassment Office was one of the key actors in getting the current security system up to its current standard. Norma McRae, the former Harrassment Officer, had raised funds over the past few years for an improved system the better to protect women on campus. Her plan was to add more camera coverage, better campus lighting, not to mention a more visible presence on campus. As Mr Denomme said, the parties involved are pleased with the recent advancements. The cameras were actually already in place, but over the summer the computer system, the brain of the system was installed. This computer cost Security a pretty penny as it's digital, but I want every reader to realize that our system is more advanced than the Sudbury Regional Police's. Believe

it. Whereas the Police store all their data on a huge library of VHS tapes (not Beta anymore), ours is now stored on a digital system and downloaded to a series of diskettes. The saved data is kept for about 30 days and then is recorded over. This means that if there is an incident on campus, Security will keep the tape, but otherwise will delete the tapes after 30 days.

Although the cameras record 24 hours a day, they are not monitored 24/7. They are also programmed to follow a certain 45-second pattern to scan campus. This means that although almost 100% of campus is covered (I've seen the system firsthand), there are gaps while the cameras are panning. Another concern with the cameras is that they do not presently cover the security phones, which means if they are activated in an emergency, Security cannot see what is happening until they get to the area within 5 minutes. Mr Denomme assured me that this is next on the list of priorities.

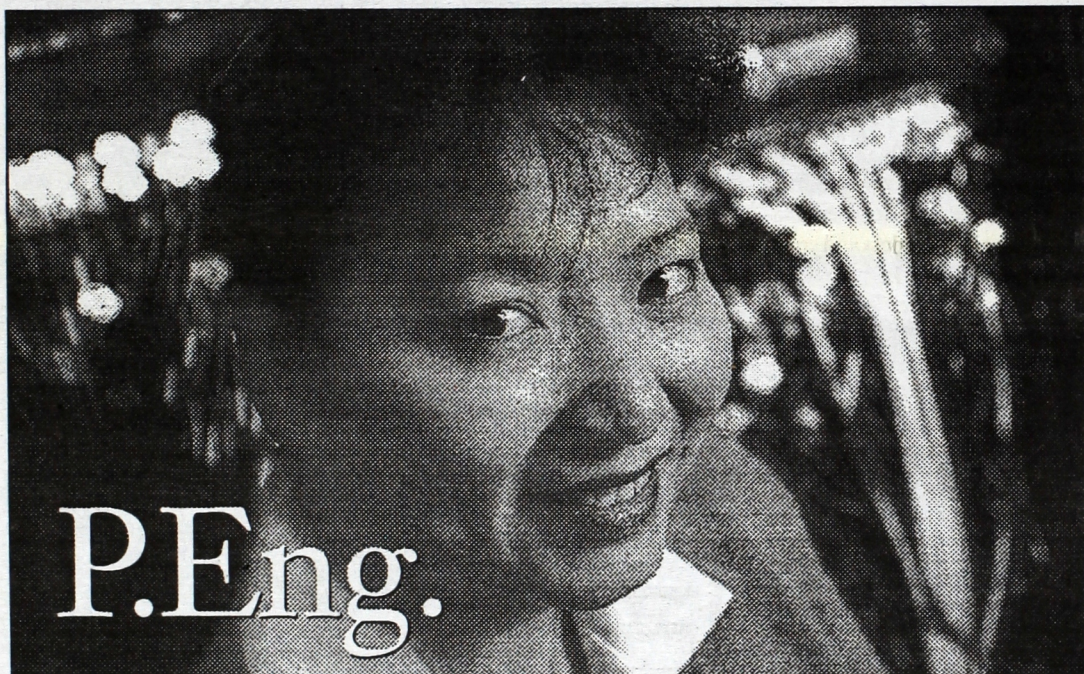
Since the cameras and system have been up and running, there has been almost a virtual elimination of thefts, vandalism and other petty thefts. With the cameras taking over the role of Security patrols, this frees up manpower to do other things. Security has also received masses of support from the students themselves in the Walkhome Service. In its inaugural year in 1995, Walkhome had 195 volunteers and has achieved over 5,000 by now. In addition, there has not been even one stranger attack during its hours of operation, a fact which Security is very proud of. The students who volunteer for Walkhome also have their names entered into draws for great prizes. This year, if a student does three shifts, s/he has their name entered into a draw for 2 \$250 Bookstore vouchers or 1 \$500 voucher for a city mall, while if a student does 5 shifts, their name is entered for a chance to win a laptop. Not bad for a few hours a night. I've done it myself and it is not stressful. The busiest time of a shift is usually around the time the Pub closes when students want to be driven home. You have to agree that the campus is

a pretty safe one, even with a minimal Security presence. As for the lighting, Mr Denomme agreed with me when I said it may be seen as insufficient on certain paths; yet each light standard costs \$10,000 to install. I'm not sure if Security has looked into Noma Moonrays to light the paths, but for now a flashlight is the best way to see on dark paths.

On to a few more campus-related issues, namely parking, the flags in VIP Square and the clocks. The gate in Lot 15, the Pit, has now been installed as the company manufacturing them was behind in production by 150 units. If there are ever any issues such as broken-off gates, Security can be reached directly at 673-6562. Security is also willing to give students a boost in case of a dead battery but they are not allowed to change a flat tire. The bottom line is that Mr Denomme and his minions are more than happy to assist students in every way while they are on campus, either directly or they will call a tow truck, ambulance, etc.

As for the flags in VIP Square, the area alongside the Bowling Alley, believe it or not there is a protocol they follow. When a person important to LU dies, the flags are lowered to half-mast until the body is put into the ground. Throughout September, there were a rash of deaths which was why the flags were down for so long, and the mechanism for raising them was also broken. What we do not find out, is for whom the flags have been lowered. This may be a little morbid for some, but I feel we should be told why they are down. Finally, the clocks in the Arts Building have been incorrect since time immemorial. There are so many clocks, yet not one of them matches another, let alone show the correct time. The Head of Physical Plant assured they will be corrected by the time this paper is printed which I am eagerly awaiting to see.

So, to all those University of Sudbury students who lift up the pee-tubes to park for free in their lot, and to all the Thornloe students who push over parking barriers after nights of heavy drinking; smile the next time. Big Brother's watching.



P.Eng.

Claudia Ng, P.Eng.
Senior Project Manager, Blast Radius Communications

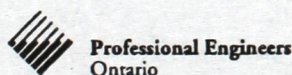
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Laurentian Students Set to Take on Bell

by Mat Thompson
Editor-In-Chief

This past week, Laurentian students found out that their telephone bills will be just a little higher in the next coming months. It wasn't because their roommate calling expensive 900 numbers again, but Bell Canada renovating the First Rate plan that most students rely on to keep in touch with their family and friends at other schools.

The change, already in effect this month, has taken the very affordable \$20/month unlimited calling on weekends and evenings and put a cap on the amount of long distance per month. Bell has now decided that anyone who talks long distance for more than 800 minutes a month will have to start paying 10 cents a minute for anything above the 800 minute ceiling.

Laurentian students, led by Lea-Andra Carlton and Janine Brown, both students residing in Single Stu-

dent Residence and sharing a phone line, have formed a petition to try to fight the change. The petition's goal is to make sure that Bell knows that there are some of their devoted customers who wish to still use them as their long distance server, but do not agree with the 800 minute ceiling.

The students hope to make Bell Canada aware that students do not like to be singled out by paying more for their long distance than an average user would accumulate. The students feel that they are being singled out because they live away from home.

An example of the problem is many students in residence and off campus share phone lines. In Single Student Residence and apartment of six students share one phone line. Under the new plan, these students are only able to make two hours of calls per month, which isn't much. Students in University College have also found the new plan to be a prob-

lem as many have split phone lines between anywhere from two to five rooms. Although this is not an average user or average set-up, the students feel they are being singled out and want things fixed.

One remedy would be for Bell to come up with a plan for students that takes their financial situation into mind. Students have so many financial burdens that an overblown phone bill can make the difference between eating or going without food for a month. Through the petition, hopefully, Bell will remember that students are one of their bigger demographics and losing them would put a dent in their income.

For any students that did not get to sign the petition, form letters are available in the Residence Office in the single Student Residence building.

***note: See This University Belongs to the Students on Page 4 for more details.

Focus on Generations, Past and Future Native Awareness Week 2000

by Ryan Gibbs
Assistant News Editor

The Native Awareness Week Keynote Address, delivered Monday, November 6, 2000, presented the theme of this year's celebration: "Honouring Seven Generations Past & Future." The Master of Ceremonies, Martin Bayer, began with opening remarks that reflected back ten years ago to the Oka crisis of 1990.

Bayer affirmed his belief that the dispute called attention to the need to educate Canadians about real issues and challenges facing Native people, which are ignored in small news bits. In particular, Bayer referred to statistics that show that only 37% of Native students graduate from high school and that unemployment among Native people ranges from 60-80%. Bayer also mentioned a recommendation of the Royal Commission on Aboriginal Peoples that called for more educational forums, like Native Awareness Week.

After good wishes were given from Vice-President Dr. Doug Parker, a series of Native singers and dancers performed on stage. A recording-artist from Whitefish River named Crystal Lynn Shawanda sang a song from her latest CD about a woman longing to be free. She later closed the assembly with a song about getting away from life.

After Shawanda's song, local dancers appeared on stage. Considerable attention was given to one little girl who bounced enthusiastically to the beats of the drum. Later, a group called White Bear Singer's formed a circle on stage and conducted a chant called "Strong Women's Song." The song was dedicated to the evening's guest speaker, Marilyn Buffalo.

In Buffalo's address, she shared many of her personal triumphs

and those of her people. She introduced this year's theme, "honouring seven generations past and future," and remarked that time passes through nature, not a calendar. Buffalo then engaged in several short stories about the many generations of her family.

She mentioned her great grandfather, born in 1875, who was a hereditary chief present when Treaty Six in the prairies was signed, when his people were infected by small pox and tuberculosis. She also spoke highly of her grandmother who survived a tremendous ordeal in residential schools and grew up to become a "polished lady." She praised her mother for enduring the struggle to raise twelve children and being a single parent for nearly thirty years. Buffalo also recognized her father's success in "finally giving up the bottle."

Buffalo told stories about her thirteen-year-old son who has never cut his hair and speaks his own language, as well as current computer lingo. She also expressed the special feelings she experienced attending her granddaughters' awards ceremonies with her own mother.

Buffalo shared her own story with the audience. After becoming the first member of her family to finish high school, she quit university with a belief that what she was learning was irrelevant. She travelled to the North West Territories. There, she was impressed by the Native impulse to survive. The Natives in the North proclaimed that if one could sit quietly in the middle of the tundra, one is truly happy.

With this insight, she became an advisor to the University of Edmonton. At the time, twenty-five years ago, a pilot project was implemented regarding a Native Studies program. Only 17 of the 28 000 stu-

dents were Native, but there was considerable interest and the program gained momentum. Buffalo emphasized the role of both elders and youth in the transference of knowledge in what is described as an "Indian Education of Excellence."

Buffalo also shared the story of how she lost her land and job for a political comment she made at one point in her career and became dependent on welfare. After settling her debts and taking a vow that "it will never happen to me again," Buffalo drove out to Ottawa, from her home province of Alberta. She claimed she was "sick and tired of being sick and tired."

In her address, Buffalo emphasized the value of change, which she described as "creating something from nothing." She even made the surprising claim that if a person does not change his/her career every two-to-three years, he/she is stagnate. She also declared, "It takes time to change, but it takes warriors to make change." She then celebrated the finding that 60% of Native people lived off the reserve, affirming, "they were never meant to be confined."

In her final remarks, Buffalo stressed the importance of keeping a journal. She claimed that every year she writes a list of ten things she intends to do in the year and is pleased if she can accomplish seven of them. She then challenged everyone to do the same.

The event closed with final remarks from Martin Bayer, who stressed the beneficial role of education in the future. It is through education that the generations can transfer their knowledge and better the future. In her address, Marilyn Buffalo frequently lamented that she had not learned enough from her elders.

News Briefs

LU to re-Offer Midwifery Program in English

Laurentian University is proud to announce that its Midwifery Education Program will be re-offered in English in September 2001. Offered jointly by Laurentian University, McMaster University, and Ryerson Polytechnic University the program welcomed its first students in August 1993. While adding the English-language component, Laurentian University will continue its French-language component.

"The decision to re-offer the English-language component reflects the great interest for the program by English-language Northern Ontario students who prefer to pursue their education in the area instead of moving to Southern Ontario," explained Dr. Susan James, Director of Laurentian University's Midwifery Education Program. "As in the past, preference is given to Northern Ontario students, including students from the Native community, who favour their placements in Northern Ontario."

With the addition of the English-language component, Laurentian will admit eight English-language and eight French-language first-year students to the midwifery program in the 2001-2002 academic year. McMaster and Ryerson also accept 16 students respectively in the program.

Students interested in obtaining more information on the Midwifery Education Program are invited to take part in a bilingual information session on Tuesday, November 14 at 6:30 pm in room 105 of the Health Sciences Education Resource Centre.

The Midwifery Education Program is the first bachelor's degree program of its kind in the country. It was launched following a ten-year process to legalize midwifery in Canada and establish educational guidelines for this profession. Students in this program benefit from both theoretical and clinical training.

Laurentian Vice President Invited to Participate in International Editorial Project

Dr. Douglas H. Parker, Vice President, Academic (Anglophone Affairs) at Laurentian University, was recently invited to join an international team of scholars of the English Reformation. This international team will participate in the editing of the independent works of William Tyndale, England's most renowned 16th century Protestant reformer and the English translator of the New Testament.

The project, which brings together scholars from the United States, England, France, and with Dr. Parker's inclusion, Canada, will produce critical editions of all of Tyndale's works over the course of the next several years. Dr. Parker's task is to provide literary and historical analogues and collate several texts of Tyndale's influential *Obedience of a Christian Man*. The entire project is to be published in Washington, D.C. by the Catholic University of America Press.

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Write to us but remember...

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Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words.

Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexual or for length.

Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Student's General Association, yet remains autonomous from all University organizations, both student and administrative.

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EDITOR'S CORNER...

Having a Bad Day...

by Mat Thompson
Editor in Chief

I keep hearing people saying they are having a bad day or week. Well, I would love to trade my life for just one nice little bad day! Everything has gone straight to hell for me and I am ready to get the %\$#@ out of here! I'm not saying I am quitting the paper, but something is gonna have to go!

Just in case you wonder why I am such a hard guy to find, I work three jobs, go to school, try to have a social life and sometimes I even sleep. Why do I do this to myself? Well, I want to get an education, I need money, for some @#\$^ed up reason I love this paper and I don't want to end up some sort of shut in, studying all the time. I am basically your typical student, just in

some bizarro world where noting ever goes right!

My stress level this week has finally peaked. Two computers and a scanner have broken down in Lambda leaving us with minimal equipment to finish the paper. As I write this, the paper was supposed to be at the press 16 hours ago, complete and beautiful. Instead, here I sit. The only worker in an office that usually is filled with a bunch of editors and writers. This is pathetic!

Another wonderful thing that is leaving my stomach in knots is the fact that I slept through my mid-term on Tuesday morning. I worked all day and night, tried to study and crashed. I knew the material. I swear I was ready, but I didn't get up. My brain was geared to go, but my body gave up. Of course this class is important in my finishing my degree, and

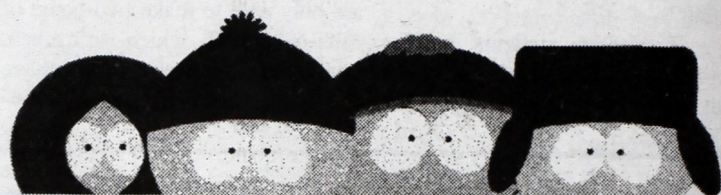
once again I am going to have to drop it and make it up. There is no weaseling my way out of this one. I'm @#\$*ed!

Many of you are probably wondering what the cover is supposed to be this week. Well, I have no @#\$*ing idea either. I think I am just going to randomly take pictures out of different files on the computer and make a nice little collage of shit. Why not? No one else wants to do it. Maybe there is a student who is into graphic arts out there that may want to design a few covers for us this year, but that would be a good thing, and the way things are going, it will never hap-

pen.

I apologize for the grammar, spelling and swearing in this column, but I have no patience to go back over this article once I am done. All I want to do is vent! So what should I do? Quit a job? Close the paper until my life is back in order? Quit school? Doing just one of these would probably alleviate a lot of stress, but I am a glutton for punishment. I'll keep showing up for work, doing my school work and I will keep this paper alive even if it kills me!

Mr. Deville... I'm ready for my break-down now!!!



SPACE FOR RANT ... Letters to the Editor

Dear Editor:

I am sure that most students, like myself, appreciate new recipes to try out, but the recipes in Lambda seem to be going way beyond a student's budget, or what can be made in a residence kitchen. Last week's recipe for 'Whitefish with White Wine and Peppercorns' is a perfect example of what I mean. What typical LU student is going to make this while at school. I wish I had the money to afford even a few of the ingredients, let alone creating a culinary masterpiece in rez. Maybe your recipe writer should look into a students budget, and what they have in their fridges. I do pretty well with a can of tuna, a bottle of ranch dressing, kraft dinner, and stale crackers. Your recipe section should be called 'Recipes for the Rich Elite' not the 'Overstressed Student'.

The Freaky Gourmet

Editor's Response: Well Freaky, what Heidi is trying to do is bring a little culture to your dinner table. Sure, the recipes do go a little beyond what we can afford, but maybe you can look at it as a wish list of food you can afford when you graduate from LU and start your full-time fry-guy job at the local Micky-D's.

This University Belongs to the Students

...at the tone, please hand over your wallet

by Sarah Dean
columnist

Being away from home can be a huge drag, especially if it's your first time out of the nest. Sometimes it seems like the phone is your only connection to a world you recognize. Of course, not may of us can afford to call as much as we would like, I think I spent about half my OSAP first year just learning how to cook over the phone...thanks Mom. Living in an SSR six-man, I remember phone bills in the several hundreds of dollars, especially in that sticky after-Thanks-giving-but-before-Christmas period when long distance relationships get a bit shaky. Of course, Bell came along and saved all our butts with the \$20 per month First Rate plan, and there was much rejoicing. Now it seems the days of Bell making a killing off of lonely students have returned, and without warning.

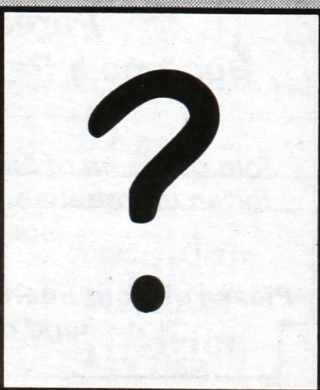
Apparently, Bell has replaced the marvelous First Rate unlimited plan with a crappy 800 minutes a month for \$20 and then 10 cents a minute after that. It adds up to about 13 hours a month, or about two measly hours a month per person in a six-man SSR room. Bell blames the change on internet customers who run up huge bills while online and get off with a \$20 bill, but the ones getting hurt by this change are students in residence. Bell also claims it notified customers with a message on last months bill, but so far, no one has been able to find the message in question. It all adds up to students getting the short end of the stick once again. It won't even help to switch phone companies; when one is happy, the

other wags, and they have all changed their long distance packages to 800 minutes per month.

Fortunately, two students in SSR have spearheaded a campaign to get to low rates back for students. Janine Brown and Lea-Andra Carlton have put together a petition and a form letter that students can sign and send to Bell. They will be setting up tables around the school to collect signatures on the petition, and you probably found the letter in your mail box this week. Do yourself a favor and send it. According to Bell customer service reps, Bell often responds to pressure from customers. A few hundred letters and a few more hundred signatures on a petition could just get the flat-rate back. There are about 1400 students living in residence here at Laurentian, and similar campaigns are going on at other schools in the province. We've got a fighting chance of getting Bell to blink on this issue and give students back affordable long distance. Take the time to sign the petition, sign and send the letter, call Bell customer service at 310-BELL, or email them from their website. Tell them you don't like surprises and you don't like paying through the nose just to keep in touch with family and friends. Tell the people you call about the change, odds are they don't know that they're not getting unlimited calling, either. Spend five minutes this week talking or writing to save yourself some money. It will come in handy when it's time to buy a bus ticket to actually go and see those folks you keep calling!

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Volume 39 -
Issue 7 / Numéro 7

Design by:
Mat's Twisted Little Mind

Lambda

Copy Deadline:
Fridays at 2:00 pm

Editorial and General Meetings:
Fri. at 1:30 pm

Opinion

University as a Mature Student

by David Cameron
Contributor

Going to university at any time can be difficult. Young people have the pressure from their peers and a new lifestyle unlike that of highschool. Motivation for studies must come from within the student. If a teen is accustomed to living at home and the parents are pushing them to do well and then all of a sudden they are living in residence and on their own, look out for the party shock wave. It appears easy at first, no one to tell you what to do or when to come in, the dishes can pileup without retribution.

So, for me, going to university as a mature student should be a different story. I use the term mature loosely, I'm sure there are a few of my friends who would disagree with this description. I have been on my own for quite some time now and I am accustomed to coming in at an agreeable time as to get the most out of myself and the dishes don't pile up enough to keep all visitors away from the kitchen. Well guess what, this weekend I could have stayed in and worked on this essay and a few others, but I not only decided to go out both nights, I stayed out past a reasonable hour. The dishes are still sitting in the sink and I won't do them until classes end tomorrow. Many a morning I've had to wash a bowl for breakfast. I remember eating out of an empty margarine dish just because I was too lazy to clean up. By the way, the margarine dish proved to be the best vessel for wandering around my apartment getting ready for classes, I didn't have to worry about spilling my milk. This comes in handy if you have stayed out too late

the night before and are in a hurry. I'm always in a rush as the dirt and dishes are screaming at me for attention. As a mature student, I don't have to worry about my parents either...yeah right, my mom is very proud of me and that, in itself, is PRESSURE. She wants me to succeed of course, but does she know how difficult it is to go back to school after all these years and at the university level on top of that? I could have picked an easier route to take to higher education, but I had to show off. I won't even tell my sons until I'm finished, just in case of failure. Not that I plan on failing, but this old brain of mine hasn't worked this hard in a lot of years and then there are the other distractions.

First there are too many pretty young ladies for my own good (remember I never claimed to be "mature"). The homework is a killer, how am I to do all this writing with a remote control for the TV in my good hand? Young people fresh out of high school can just dog it for a while and party in their first year and they will be accepted with open arms next year regardless of their poor marks, but me, no not this old brain, I have to maintain a 60% level or I don't get invited back next term. Sixty percent! If I gave my last boss only 60% of myself, I would have been fired in the first week never mind after eight months of hard work. So I figured, I could keep up to this level, until I got my first test back in Psychology and started to panic when it was only 63%. I must remember its early yet and I have to get into a groove and hope the groove isn't replaced by a rut. I am managing to ignore all the outside influences and distractions,

for now. I've learned over my long career to use all the resources at my demand and Laurentian has many to take advantage of and they only want us to succeed. So here it goes into the second month of classes, I think. Funny how panic can make you lose track of time. I don't know if they are over the sixty percent level, but it won't be for a lack of effort. I do have an inner drive that I didn't have when I was eighteen nor did I have the discipline that I have developed over time.

Time, that's something lots of behind me, but I quote Waldo Emerson, "it isn't what lies behind us or what lays ahead of us that is important, but that which lies within us." Now that I look back to when I was eighteen, I am reminded of a great man who just recently passed away, Pierre Eliot Trudeau. I will always remember the first time I voted and it was all because of him and I haven't missed a poll since. He instilled a pride and responsibility in me that has lasted nearly 30 years, I bring this same attitude to the table now. I will succeed at this endeavor regardless of the restrictions put on me or the ones I allow into my thinking. It is all in my approach, it's up to me to decide what I will get from this experience. I'm not here to get good or bad grades, I'm here to learn and I will if I take care of today and let the rest fall where it may. The best advice I can remember getting was, "get involved in the social aspect of Laurentian and it will be a more enjoyable experience." Thanks Paddy. I have and so far it has been great. It's time to do the dishes and get to bed on time (yeah right, since when) and get ready to fulfill a dream.

Get in the Ring

by Bryson McCarthy
columnist

Man did I ever take some heat over what I printed last week about religion. People were basically damning me to Hell over my comments. Well, if these brainwashed drones had actually read what I was saying, I was trying to get under the skin of Sudbury Region Mayoral Candidate J. David Popescu, but as of now, there has been no response. What's the matter L. Ron... I mean J. David, are you afraid of the students of Laurentian? Are we so deep in the sins of our lives that you won't even look our way? Come on slappy, GET IN THE RING!!!

Why do politicians ignore students? Probably because they think our brains are so clogged with bong resin and Old Milwaukee Ice that we don't know our asses from one like Popescu. Where does this little troll come from? Every few years, he shows up, runs for mayor and tries to get his religious views across. Pretty tough. Hide for a few years, resurface, go nuts in a public forum then

bury your head in the sand again until the next race. It just shows that XYZ can't stand the heat he takes when he does show up.

Why do I want to take on Popescu so bad? I was brought up in a religious household and have read The Bible. Scary, isn't it. Bryson McCarthy went to Sunday School. What I remember of this time is that not a single religious leader threatened us with eternal damnation or being judged by Christ the Destroyer as you seem to make him out to be. Religion isn't a tool to be used to threaten people... religion is a belief system that people like you make look bad. You take your own twisted little views, connect them to a random Bible passage and pass them off as God's Law.

Like I said last week, you seem to have no thought process of your own. Everything I have heard you say in the last month has been conspiracy laden religious psycho-babble that makes sense only in the world within your twisted little head. Being religious is fine, but when you are



insane at the same time it makes people not want to accept any Grape Kool-Aid from you.

Am I religious? Depends. I believe what I want, when I want. Noting rules my life but me. Your Religious Reich act is more insulting than anything else. I challenge you again J. David... bring your views, stories and psycho little Omen-child ass to Laurentian and enter The Ring. No one since my ex-girlfriend has pissed me off with so much misinformation and out-there views as you! Call Lambda... fax us... show up, I don't care! Just sit down, one on one, Bryson vs. J. David and lets just see who really rules the universe. Bring it on!!!

What do You Think?

We want more input from Laurentian so we are now starting a new section called... What do You Think. Every week we will have a new topic and Laurentian Students can email us if they agree or disagree with the issue. Give us a short opinion and the next week we will show the results with a few student quotes.

This Week's Issue:

Do You Feel Safer Now that LU is Wired with Cameras?

Just email us at LAMBDA-PUB@HOTMAIL.COM and let us know your opinion. Check Lambda next week for the results and maybe even a your opinion in print!

Last Week's Question:

Do You Like or Dislike the new LU Logo?

Dislike - 92% (13)

Like - 8% (1)

Comments:

"The logo makes us look like less of a University and more of a Nursery School..."

- B. Thomas

"I like it. It's modern and more appealing"

- J. M.

"The logo is just more proof that administration only care how they look and not how the university on a whole will be represented!"

- S. Warner



Sit Down, Take A Rest

by Keeghan Lachlin
Staff Writer

Attention all Laurentian students! It has happened again. In light of this years cutbacks yet another new addition to the landscaping of LU has been thrust forward into the spotlight. Has anyone noticed that there are a few new benches around campus? Let's see, we are in Sudbury. Winter is coming soon and it gets damn cold around here when the snow hits the earth. Tired? Don't mind the -40 C temperature and have a seat on one of the new benches outside the Great Hall and Parker buildings. I haven't had the chance to get a real good look at them. Tell me, does anyone know if there are any plaques on them dedicating the benches in memory of the hockey and volleyball teams? Just make sure you don't sit there too long or else no one will see you until April when the spring thaw comes around. Then again, if you did freeze to the bench, maybe the university could up our tuition again because of the human popsicles that decorate the area. Seriously though, what the hell are they thinking? Maybe I wouldn't find this whole situation as funny if those benches had of been there in September. Then again, in September everyone in Laurentian's Residences were deciding whether it was safer to drink a glass of Mexican water or a glass of Sudbury's water. I can't wait to see what's next, maybe a beach volleyball court beside the patio at the Pub. At least we can think that one day it will be warm enough to enjoy these simple things.

You want to hear something else that is funny? Apparently some of the residences have received digital cable this year. From my understanding, it was installed not too long ago. What kind of message is that sending? Hey we want you to go to class so we are going to put in a cable system that will give you access to over 300 channels with the push of a button. I would love to see the cable bill when it comes in just to see how much porn the students have ordered. That would be damn funny considering all you have to do is make up a password and enter it in every time you want to order a movie. It's not like the passwords are pre-programmed. Maybe they should point that out when the high school students come on their tours in April. Porn at the press of a button, way to go LU! I have also been told that anytime there happens to be a cloud in the sky, the cable cuts out. Why are there so many funny things out there in LU-land? Pretty soon I'm going to have a sore stomach from laughing so hard.

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Lambda Sports



Basketball Vees Hit the East Coast

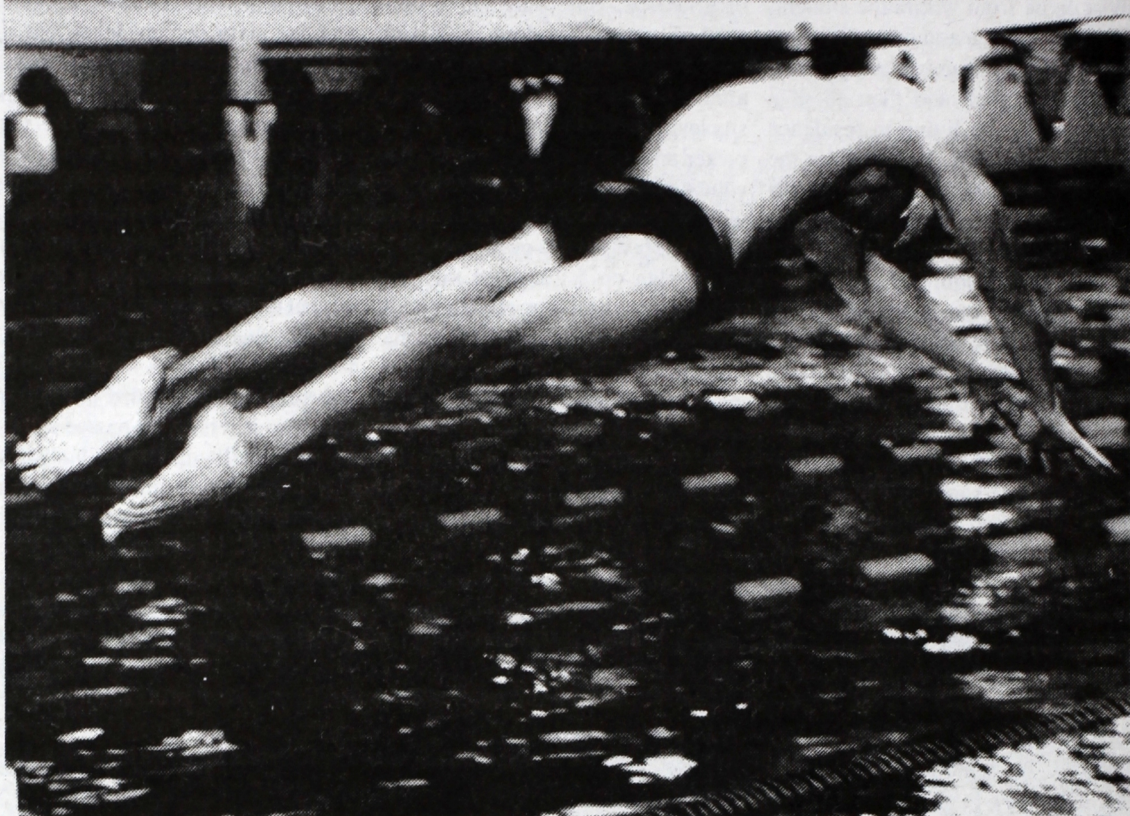
by Jason Stevenson
Acting Sports Editor

On November 4th, the Laurentian Voyageurs defeated the University of Prince Edward Island Panthers 69-77. Laurentian led by 1 point, 41-40 at halftime and increase their lead in the second half outscoring the Panthers 46-37. Although complete stats were unavailable at the conclusion of the game, Laurentian shot 57% from the field, 85% from the free throw line and out rebounded UPEI to walk away with the victory. Turning in strong performances for Laurentian were high scorer Jim Jefferson, Jermaine Pendley and Patrick Brandt.

On the same day the men fell to the University of Cape Breton, 85-80. Cape Breton closed out the first half with a lead of 13 points: 50-37, and increased that lead to 17 points before the Voyageurs began to battle back, Laurentian regained their composure and took a 10 point lead over the Capers. However, they were unable to hold onto the lead and this was attributed to 27 turnovers by the Voyageurs. Leading the way for the Voyageurs last night were Jim Jefferson who played almost the entire game and was 8 for 14 from the field, 5 for 10 from the 3 point line and 4 for 6 from the line, turning in a game high total of 25 points on the night; Leon Sutton who contributed 15 points and 7 boards and Jermaine Pendley with 14 points and 6 assists, Laurentian Coach Virgil Hill said that the team played well but the "one stat that really stood out was 27 turnovers and that... was the telltale sign of the game."

The Laurentian Voyageurs closed out their East Coast road trip on November 5 with a loss to the University of New Brunswick 91-77. The home crowd was a force to be reckoned with and the Voyageurs were down by 6 points at the half, 35-29 after a terrible effort at the 3-point-line going 0 for 12. The UNB Varsity Reds opened up the lead in the second half and although the Voyageurs played hard for the entire 40 minutes, they shot a dismal 44% on the game, and improved their 3 point shooting to only 20%. Voyageurs highlights for the game were leading scorer Jim Jefferson with 18 points, followed by Dwayne Burton with 15 points. Sean Ludwig contributed 11 points. Jermaine Pendley combined with 5 rebounds. A particularly strong effort was turned in by Patrick Brandt who scored 8 points and put up 11 boards on the afternoon.

Laurentian coach Virgil Hill said that the team turned in a good effort this weekend but "should have been able to hang onto the lead against Cape Breton on Friday... but today the home crowd was tough and we were a little road weary." Hill is looking forward to opening the regular season against the University of Toronto next weekend in Toronto.



Lambda File Photo

Aqua Vees Travel To York and McMaster

by Jason Stevenson
Acting Sports Editor

MEN'S SWIMMING

The Aqua Vees had a win and a loss the weekend of October 27th-28th bringing their overall record this year to an impressive 3-1. With coaches Jenő Tihanyi and Phil Parker deciding not to rest the swimmers before the weekend road trip, the Vees were a little wary about how the team would swim.

All questions were answered on Friday night, October 27th, when the Aqua Vees demolished the York Yeomen 204 to 38. Impressive swims were turned in by many of the Vees. Gilbert Duplessis and Fai Yong each had 3 first place finishes in their respective events. Fai won the 50 FR, 50 FLY and 100 FLY. Gilbert won the 800 FR, 400 FR and the 200 BR. Other outstanding swims were turned in by the following:

Kirk Flinn (rookie) 2nd 800 FR, 3rd 50 FLY, 1st 100 BK
James Corker 1st 200 IM, 2nd 200 BR, 2nd 50 BR
Jocelyn Grenier (rookie) 2nd 200 IM, 1st 200 BK, 2nd 100 BK
Mike Colquhoun 3rd 200 IM, 3rd 200 FR, 1st 100 FR
Collin Forsberg 1st 200 FLY, 1st 50 BK, 2nd 100 FL
David Vacchino 3rd 200 FLY, 1st 200 FR, 2nd 400 FR
Matt Coutsos 3rd 200 BK, 3rd 50 FR
Paul Foster 3rd 200 BR, 2nd 100 BK
Graham Fry 2nd 200 FR, 3rd 400 FR, 2nd 100 FR
Aleksy Jones (rookie) 1st 50 BR, 1st 100 BR
Andy Kerr 3rd 50 BK

On Saturday, October 28th,

the Vees were in tough against the defending OUA Champions McMaster Marauders. With the absence of veteran Mike Colquhoun, the team had to come together even more to keep pace with a much larger squad from MAC. The Vees kept pace with MAC for most of the race and fell JUST short losing 102 - 85. Great swims were turned in by:

Kirk Flinn (rookie) 2nd 100 FR, 1st 200 FR, 3rd 100 FLY
Fai Yong 3rd 100 FR, 1st 50 FR, 1st 100 FLY
David Vacchino 3rd 200 BK
Aleksy Jones 2nd 200 BR, 2nd 100 BR
Collin Forsberg 1st 200 FLY, 2nd 100 BK
Gilbert Duplessis 2nd 200 FLY, 1st 400 FR, 1st 400 IM

Coaches Jenő Tihanyi and Phil Parker were pleased with the Aqua Vees this weekend. Without rest, the team performed quite well and are learning the importance of swimming fast when tired. The Aqua Vees have a weekend off and then travel to Guelph and Waterloo on November 10, 11 for the annual East-West cross over match.

WOMEN'S SWIMMING

The Lady Vees were hoping to catch their first win of the season against an equal squad from York. After a see-saw battle back and forth, the Lady Vees were beaten 129 to 130. The Lady Vees were swimming without rest similar to the men and still managed to keep pace with the squad from York. Great swims were turned in by:

Marcie Smith 2nd 800 FR, 2nd 50 BR, 3rd 100 BR
Stacey Zembrzycki 3rd 800 FR, 2nd 200 BR
Amanda McDougall (rookie) 2nd 200 IM, 2nd 200 FR, 1st 100 FLY
Christie Smith 1st 200 FLY, 1st 50 FLY, 1st 400 FR
Melissa Rydahl (rookie) 2nd 200 BK, 2nd 50 FR, 2nd 50 BK
Lesley Berry 3rd 200 BK, 3rd 400 FR, 2nd 100 BK
Leah Spergel 3rd 200 BR, 2nd 100 FLY
Tori Aloisi (rookie) 3rd 50 FR, 3rd 100 BK
Kelsey Johansen (rookie) 3rd 50 BK
Melissa Caron 3rd 100 FR

On Saturday, the Lady Vees had their work cut out for them against the defending OUA Champions McMaster Marauders. With a much smaller team, the Lady Vees hung tough with a 138-47 defeat. Coaches Jenő Tihanyi and Phil Parker are extremely pleased with some of the individual efforts put forth from the Lady Vees. Veteran Christie Smith lead the Lady Vees with strong performances in the 200 FL, 100 FL and 400 IM finishing with 2 seconds and a first. Other strong swims by the Lady Vees included:

Marcie Smith 3rd 100 BR
Leah Spergel 2nd 100 BR
Lesley Berry 3rd 400 FR

The Lady Vees travel to Guelph and Waterloo November 10, 11 and are looking forward to improving in various aspects of racing as the conference championships get closer and closer.

Athlete of the Week



The Male Athlete of the Week hails from the men's soccer team, and once again leading the way for the Voyageurs was Dan Falcioni. The Sudbury native was a deciding factor in Friday night's QUA semi-final win against Waterloo, which earned the team a trip to the National Championships next weekend in Hamilton. Following close behind Lawrence Mahoney's penalty kick goal, Dan Falcioni added another goal to increase the Voyageurs lead to two goals over the Warriors. With 20 minutes remaining in the game and the score tied, Dan made a beautiful pass to Steve Beites who was able to deposit the eventual game winning goal past the Waterloo keeper. Dan was also awarded the honour of being a First Team QUA East All-Star this weekend for his efforts throughout the season, and being among the scoring leaders in the OUA contributing 9 regular season goals and realizing team MVP honours for the Voyageurs squad.

Dan is in his second year of engineering at Laurentian.

Lady Vees Basketball Team Prepare for 2000-2001 Season

by Jason Stevenson
acting sports editor

This weekend, in the Ben Avery Gym, the Lady Vees basketball team honed their skills against the Southern Ontario All-Stars. Although mired in the preseason, the Lady Vees, met some stiff competition in the All-Stars. Well mainly, they met some stiff competition in Laurentian alumnus and Olympian Diane Norman. The first game of the series ran more like the "Diane Norman Basketball Clinic". Even though the Lady Vees defeated the All-Stars, they couldn't hold back Norman who poured in a whopping 26 points, made so much more incredible considering she outscored her closest team-mate by 20 points. Norman also grabbed 9 boards and went 6 for 14 from the field, and 14 for 18 from the foul line. The Lady Vees did control the output of the remaining All-Stars through some tough defence that kept the All-Stars 7 for 21 in the first half. Tough defence and solid offensive play from Shauna Conway and Gille Eccles spring boarded the Vees into the half with a 26-22 lead. Despite Norman's best efforts; she just couldn't do it alone, and without any real offensive contribution from her teammates. In the end, the Lady Vees outscored the All-Stars 62-50. Outstanding Vees where Shauna Conway with 15 points,

7 boards, and three from the three; Gille Eccles had 14 hard earned points from the paint, and was 6 for 7 from the field, and grabbed 7 boards. Carolyn Plummer also scored 14 points, and had 7 rebounds.

The following day, the Lady Vees laced 'em up again against the All-Stars from Southern Ontario, with one difference - it seemed the All-Stars came to play. From the get-go, the Lady Vees played stronger more effective defence against Olympian Diane Norman, and consistently controlled the tempo despite a strong effort from the rest of the All-Star team. The first half saw a great give and take, and as they came into the half it was either teams game. The first half was dominated by the play of Claire Beatty, who played her perimeter game with finesse, while Gille Eccles gave little ground in the paint. The second half was played much like the first, but as coach Campbell, played his bench in the second half the All-Stars pulled to within one point late in the second half. The Lady Vees bit down, and with the efforts of Gille Eccles and her strong post play, the Lady Vees pulled ahead and won the game 55-



Lambda file photo

50. Diane Norman played strong with 17 points and 10 rebounds, while Claire Beatty poured in 15 points and 4 rebounds. The power in the paint, Gille Eccles accounted for 8 points and 6 boards. The Lady Vees showed once again, their ability to play sound defensive basketball, and were able to control the tempo and style of both games with strong perimeter shooting from Shauna Conway and Claire Beatty, and solid inside play from Gille Eccles.

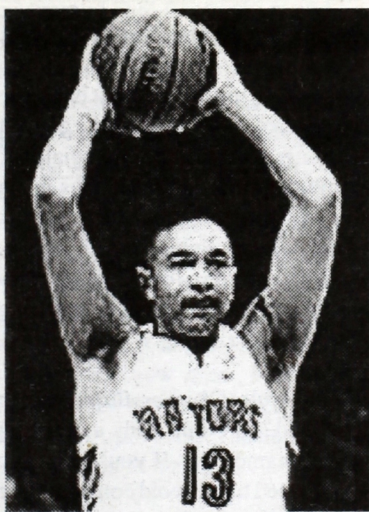
Raptors Off To a Bad Start

by Brian Fraser
contributor

The Raptors opened the season with a disappointing loss to the Detroit Pistons on Halloween at the Air Canada Centre. Pistons' guard Jerry Stackhouse had a career high 44 points as the Pistons won 104-95. Raptors' star Vince Carter had 26 points and rookie Morris Peterson added 14 in his NBA debut in the losing effort. Stackhouse played like he was out to prove that Detroit could be successful despite losing Grant Hill to Orlando in the off-season. The Raptors, who like every other team in the Eastern conference, have no true centres, but got 10 rebounds apiece from veterans Charles Oakley, Antonio Davis, and Kevin Willis. Mark Jackson added 12 assists in his Raptors debut.

The next night, the Raps were in Philadelphia to face Allen Iverson and the 76ers. Despite five Raptors scoring double digits in points, the 76ers won the game 104-98 to improve their record to 2-0. The Raps opened a 13-3 lead within the first five minutes of the game, and led 31-25 after the first quarter. Vince Carter had 15 of his game high 25 points in the first quarter but he hit just 3 of his final 13 shots throughout the game. Late in the game Allen Iverson and Tyrone Hill took over, building up a lead that would eventually lead to the victory. Raptors' newcomer Corliss Williamson scored 10 points in 17 minutes and Mark Jackson added a double-double.

In the Raptors' third game of the year, they blew a 33-13 first quarter lead to the Boston Celtics at the Fleet Centre and ended up losing 93-91. The loss dropped the Raps to 0-



3 for the first time in the franchise's six-year history. Vince Carter was, once again, the games top scorer with 33 points, but his mediocre defensive skills showed. Carter's defensive assignment, Paul Pierce, scored 30 points and grabbed 7 rebounds for Boston. Carter had a chance to tie the game in the last 10 seconds. Trailing 91-88, Carter missed an off-balance 3-pointer and the Raps had to foul Randy Brown, who hit both free throws to seal the deal. Antonio Davis had 11 points for Toronto and Mark Jackson had 12 assists for the third game in a row. Antoine Walker had 20 points and Tony Battie had 10 rebounds for the Celtics.

On November 4, the Raptors played their fourth game in five nights when the Washington Wizards visited the Air Canada Centre. The Raps won their first game of the year, 103-96, to improve their record to 1-3. The win was also the first win as head coach of the Raptors for Lenny Wilkins, who is the all-time winningest coach in the NBA. The game's high scorer was once again

Vince Carter, with 35, but this time he had help from his teammates. Backup guard Alvin Williams had a career high 22 points to help the team to victory. This marked the first time any Raptor other than Vince Carter had scored more than 18 points all season. Mark Jackson, once again, had 12 assists and Davis, Willis, and Peterson all had double digits in points. The high scorers for the Wizards were Mitch Richmond, 22, and Juwon Howard, 21.

The Raptors have had a rough start to their 2000-2001 season going 1-3. The fact that they lost Tracy McGrady in the off-season and replaced him with role players instead of another star should make this season interesting. Unless someone emerges as a legitimate scoring threat, the Raps and Vince Carter could be in for a long season of disappointment. The best hope is that rookie Morris Peterson will step up, since most of the other players on the team are older and not known for their scoring abilities.



OUA East All-Stars Announced

The OUA announced their men's soccer all-stars yesterday and the Laurentian Voyageurs were pleased to accept three first-team positions and three-second team positions for the East division.

Making the second team for the Vees was goaltender and playoff hero Steve Spano who finished the regular season with 3 shutouts and 9 goals against. He is joined on the team by both captains for Laurentian, midfielder Lawrence Mahoney and defender Mike Massimiliano.

The first team also had a strong Laureritian prescence. Sweeper Chris Miles of Barrie was rock-solid on defence end contributed great play in the air while chipping in two goals. The Voyageurs Rookie of the Year midfielder Gervase Robinson, made the first team in large part for his dominance of the midfield. The last addition, but certainly not the least, is forward Dan Falcioni who was among QUA scoring leaders all year and finished the regular season with nine goals. Falcioni was also named the teams Most Valuable Player and CIAU athlete of the week for his efforts.

BODY BONUS Eyes Wide Shut

by Emily Roback
Staff Writer

It is not hard to find a few students nodding off in a two-hour lecture that seems to have no relevance in learning how to survive in the real world. So, why do students fall asleep in class? There are numerous factors such as: lack of sleep; the physical inactivity of listening to a lecture; boredom; and the fact that some classrooms have "comfortable upholstered chairs" to just name a few. After a few years of attending lectures and long hours of studying, I have managed to muster up several techniques on *how to stay awake* for your own academic benefits.

Lack of sleep doesn't necessarily mean that you are not getting the eight hours of sleep that most experts recommend. The amount of sleep needed generally depends on the type of person. If you feel refreshed in the morning and don't need to nap during the day, it usually means that you are getting enough sleep. Sleep deprivation tends to include lack of energy, being accident-prone, inefficiency in studying, decreased motivation to exercise and daydreaming about naps.

A common way many students keep themselves from falling asleep in class is to consume various forms of caffeine (ie. coffee, tea and coke), which is acceptable in moderation. Caffeine is a magician. It makes you feel like you have more energy, but you really don't. All that is needed is a small amount of caffeine to produce alertness without creating the negative side effects of anxiety. Too much caffeine causes hormone imbalances, which then leads to a complete runaround of fatigue.

Another way to stay alert is to experiment with your class times and bed times to feel awake during the day. Everyone's daily routine is different. So, why are some people's natural peak times so late at night rather than early in the day? Without even knowing it, our bodies' own internal clock (circadian rhythms) raises and lowers the hormone levels causing the "swings" we experience — from feeling alert to feeling mentally and physically fogged in. If necessary, change your schedule to complement your circadian rhythms.

A lack of balanced exercise and fresh air also causes fatigue. To give yourself a dose of energetic exercise, start with a brisk walk and increase the distance everyday. Cycling and swimming are also good forms of exercise. In addition, regular exercise during the day helps us get refreshing sleep that relaxes our mind and body. So, practice some keep-fit exercise everyday.

To avoid the case of the post-lunch-I-want-to-sleep-on-my-desk-blues, a soup, salad and piece of fruit are light and nutritious. If eating a light lunch is not for you, eat your largest meal of the day at lunch followed by a 20-minute walk. After all, most of your calories that you consume early in the day will give you the fuel you need to stay energized throughout the day. Eating more fruits, vegetables and other high-fibre foods will be enough to keep you full between meals and less likely to snack.

Forgetting to drink water can lead to impairing your learning performance and dehydration. Dehydration in turn leads to fatigue. Fatigue, activated by low levels of water intake, decreases your brains' rate of absorption of information inside and outside of class hours. It is a known fact that 2.5 liters (six to eight glasses a day) daily is needed to replace the water lost in urine, feces, skin, and exhalation from the lungs. More than half of your body weight is water. So, why not grab a bottle of water before you head off to your next class? You may actually stay awake next time!

This may sound silly, but chewing a piece of gum can actually keep your jaw muscles "awake". Also, the muscular action of chewing opens the Eustachian tubes (which lead from the back of the throat to the middle ear) allowing more air/sound into to the middle ear for easy listening. Chewing gum not only keeps motion going within the body, it releases a small amount of sugar depending on the type of gum. Ever since gum was developed during World War II, it has earned the reputation of easing tension and promoting alertness.

When I was in high school, teachers would ask the student to leave the class if he/she fell asleep. In university, professors just raise their voices or start doing some Taekwondo moves in hope that the majority of the students will stay awake. With winter creeping around the corner, prepare to start fueling your inner engine with ideas on staying awake. You will need to know how to keep it humming during the short and dreary days, especially in January and February.



~ Aphrodisiacs ~

Everyone wants a quick fix when it comes to their love life. I mean sure there are pheromones which are supposed to be sending off chemical signals that would attract a decent man/woman five blocks away, but I guess, for some people, they just don't work as well as for others. So for these few or many, I'm not quite sure which, you can at least have a trick or two up your sleeves. Or, if you've already bagged your ideal mate, and want to figure out (a) how to keep him bagged, or (b) how to get him in the sack, these could prove to be equally as handy.

Everyone has heard at one time or another about oysters being an aphrodisiac. I'm not exactly sure of the validity of this claim, but if you like the slippery little buggers, then by all means there's no harm in trying. There are however options that can be used either by preparation in dishes, being burned as an incense, used as a tea, or worn as a scent.

Dishes: Serving vegetables such as asparagus (*Asparagus officinalis*), or artichokes (*Cynara scolymus*) as a side, or even as your main dish will help to set the mood. To prime the dish up even more try tossing in herbs like basil (*Ocimum basilicum*), coriander (*Coriandrum sativum*), or even dill (*Anethum graveolens*), which is the most powerful of these three. Afterwards, follow it up with a desert containing one or a combination of the following fruits: avocado (*Persea americana*), apple (*Malus rosaceae*), apricot (*Prunus armeniaca*), and raspberry (*Rubus idaeus*). Strawberry (*Fragaria virginiana*) is another option as a desert fruit, but it's also known to increase your fertility, so depending on your goal with this meal it's left for you to decide. Also worth mentioning, apple is known to be symbolic of marriage, so if you're perhaps trying to send a subtle hint this could be a way for you to do it. Baking or topping the fruits with herbs such as cinnamon (*Cinnamomum zeylanicum*) or cloves (*Syzygium aromaticum*) will increase the effect of the dish by even more.

Incense: Set the mood right by burning a stick (or cone) of incense that contains either the scent of lavender (*Lavandula officinalis*), cinnamon, vanilla (*Vanilla planifolia*), lemon verbena (*Aloysia triphylla*), amaranth (*Amaranthus hybridus*), patchouli (*Pogostemon patchouli*), or valerian (*Valeriana officinalis*). Some of these in incense form are near impossible to find. If you are determined, Elm Tree Books does carry a good selection of these kinds. However, if you want a foolproof scent, go for frankincense (*Boswellia carterii*), or myrrh (*Commiphora myrrha*). Actually, the best you could ever get your hands on would be a mixture of these two. Not only do they soothe and relax you, but work in just the right way to set the mood on the right path.

Tea: A cup of tea can easily accompany desert, so if you make up your own little mixture, it's doubtful your companion will know any better. A great, and rather tasty, tea mixture consists of a mixture of the following: hibiscus (*Rosa sinensis*), hyssop (*Hyssopus officinalis*), rosehips (*Rosa*), raspberry, and strawberry. Hibiscus tea was actually forbidden to be consumed for a period of time due to the fact that it was that potent an aphrodisiac. But if you're going for something a little more subdued, try either catnip (*Nepeta cataria*), chamomile (*Chamomilla recutita*), or jasmine (*Jasminum officinale*). Do not, however, mix these together, especially catnip and chamomile for it makes a rather potent sleep inducer.

Scents: To start off, I have to recommend rosehip essence oil. If you can get your hands on it, don't let go! Rosehips are a general aphrodisiac, but seem to work their best when used in their liquid form when applied to pulse points to amplify the scent. However if you can't find it, there are other options. Vanilla is a weakness for most men; cinnamon just drives men completely crazy by natural reasons, and a perhaps less known option is mistletoe (*Phoradendron flavescens*). The reason it's placed in the scent category and no other is because mistletoe is actually toxic if ingested. That's probably why we kiss under the mistletoe, and not after recent consumption of the mistletoe. But either way, give it a try and odds are good that it will not disappoint.



The Twenty Herbs

Sarah Hamelin
Asst. Features Editor

I've been into herbalogy for about a year now. About six months ago, I abandoned modern medicine to instead use herbal antidotes to cure my various health setbacks. I don't own any cough syrup, or even aspirin for that matter. But today I still hold no regrets on that decision.

My growing collection holds about 75 different herbs, ranging from common ones like sage, oregano, and rosemary to more challenging-to-find ones like gota kola, sandalwood, and lemon verbena. Herbs aren't that easy to find, which is something I quickly learned the hard way. Especially in an area like Sudbury.

Funny thing, did you know that aspirin originally came from willow bark? Imagine people way back when chewing on willow branches whenever they had a headache. Pretty preposterous. But what's to say that it didn't work as well as all our chemically enhanced and synthesized products? I don't really notice a difference. If I have a headache, I make a cup of peppermint tea, or if the situation prevents me from doing so I just wait it out. Headaches will naturally fade on their own as it turns out. In highschool, I couldn't imagine living without my Tylenol, and now I can't see how I lived with it.

Herbalogy is not an easy thing. There are hundreds of different herbs out there on the market, so at times it can get hard to figure out exactly which ones do what, and are more of a necessity than others. The even more challenging part is trying to remember what each one does, or even what family they are part of. Who would have figured something called lemon verbena to be a mint? Point proven. But, somehow, I've managed to keep it somewhat straight, though I'm hardly a walking glossary. I have an online reference guide that I check rather frequently, along with a long list of sites, and a pile of books on herbs and their uses.

One can't expect everyone in the world to know everything and anything about herbs. We don't really expect the same of anyone, especially since we can't do it ourselves. So here are, according to me, the twenty herbs that everyone should have in their household.

Mint (*Mentha*): there are many subgroups of the mint family, such as peppermint, spearmint, and lemon verbena, so pretty much any use for mint could also work for any of them, and vice versa. Chewing on mint



leaves can be a terrific last-minute breath freshener. As well, it can be used to fight headaches, serves as a sleep aid, and helps clear sinuses. However, its primary use is with digestive disorders, and is great at calming an upset stomach.

Peppermint (*Mentha piperita*): as mentioned before, peppermint is a part of the mint family, but it doesn't carry all the same properties as the rest. As well, peppermint has two primary uses instead of just the one. First, it works great against headaches and migraines. Secondly, when combined with allspice it relieves stomach upset almost immediately. A mixture of the mint, peppermint, and allspice is the strongest combination for a stomach ache. Peppermint can, as well, help relieve a stuffed-up nose.

Raspberry leaves (*Rubus idaeus*): this is one of the herbs I tend to go through the most because it has quite a few practical uses. It works great at calming your nerves, especially if combined with valerian. Plus it is a very powerful sleep inducer, especially when combined with catnip. An added bonus for females: raspberry leaf tea is great at reducing menstrual cramping.

Chamomile (*Chamomilla recutita*): I should start out with a warning about chamomile. If you're allergic to ragweed try to avoid consuming or rubbing chamomile oil, or the herb itself, into your skin. It's a member of this family and could cause an adverse reaction. Other than that, it is a great all-around herb to have in your collection because it helps induce sleep, calm nerves, and also is great for stomach aches and indigestion. Placing cold, wet, tea bags over your eyes will help fight irritation. Creams with chamomile are great for fighting eczema, and various other

products with the herb will help with asthma, toothaches, or ear infections.

Sage (*Salvia officinalis*): mix sage with rosemary to make a great tea to get rid of your headaches. Otherwise, drink it as a tea on its own to get rid of an annoying cough, or even if your throat is just dry and cracking, it will increase the production of mucus. Other uses: mix with thyme to use as a throat gargle if it's sore, or mix with thyme and rosemary as a mouthwash.

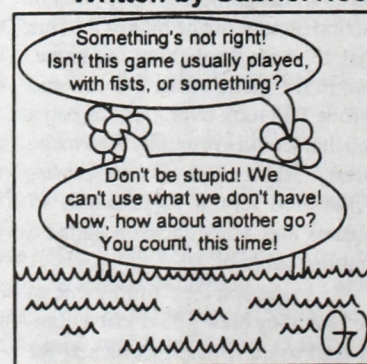
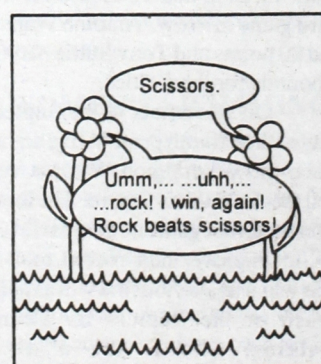
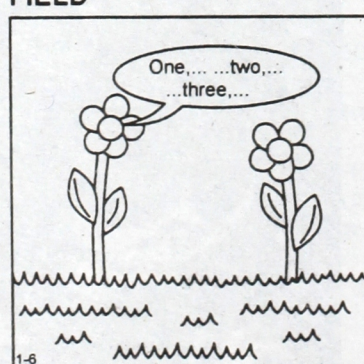
Catnip (*Nepeta cataria*): sure it's a great way to get your cat hyper as all hell, but for humans, catnip is actually a sleep inducer. Mixing it with raspberry leaves, or chamomile (though the latter isn't as strong) is the best way to conk yourself out fast. Like most of the before-mentioned herbs, it's also good at helping with digestive upsets and to relax your nerves. As well, for women of course, it helps increase menstrual flow. Hey, if you can get it done faster, all the better. However, if you're pregnant, avoid this herb like the plague.

Allspice (*Pimenta officinalis*): I wish I knew more benefits on the herb, but I don't. Either way, like mentioned before, adding it to the peppermint tea works wonders on your stomach when in digestion. As well, leaving whole allspice out in a bowl gives your home a terrific aroma that is rather energizing.

Comfrey (*Symphytum officinale*): comfrey is great for abscesses or boils; just grind up the root and add it to some comfrey-leaf tea and use as a compress. Using the leaves on their own as a compress against bruises makes them heal and disappear faster. Using the leaves in a tea will help

...Continued on the next page

FIELD®



Written by Gabriel Noëi

Herbs, Herbs, and more Herbs!

You Must Have

relieve diarrhea. However use the roots and you have a great remedy for coughs and those tough-to-beat colds.

Cinnamon (*Cinnamomum zeylanicum*): as one of nature's natural aphrodisiacs, cinnamon has a tough reputation to live up to. But quite naturally it does have a strong effect on the male species, hence anything containing cinnamon fed to them, rubbed into them, or sniffed by them will create a reaction. For women however, we can use it in different ways. For example, adding cinnamon to chamomile tea will help get rid of a stomach ache, as well as diarrhea. But, on a side note, cinnamon can also help increase insulin production in your system.

Ginger (*Zingiber officinale*): ginger is a very commonly overlooked herb in term of its healing properties. For instance, mixing ginger into your catnip tea will help soothe a stomach ache. Taking ginger can help increase appetite where there has been a loss of one. As well, it's great at fighting motion sicknesses, like nausea and vomiting. It helps with digestion by increasing peristalsis, which is the motion of the digestive tract, to make your food move through at a faster pace.

Echinacea (*Echinacea augustifolia*): who nowadays has not heard of Echinacea and its miraculous healing powers? Well, for those who haven't, it's plain and simple really: Echinacea is said to boost up your body's immunal defense, making it more readily able to fight viral infections and cold bacteria. It is not the type of thing you take everyday however. Only when sick, otherwise it could have adverse effects. The best way to take it is just to buy the pills at a pharmacy; pure Echinacea can cost you about 22 dollars a pound, where the pills will get your 120 tablets for like 8 bucks.

Aloe (*Aloe vera*): everyone knows how aloe is great to rub onto sunburns, but that's a simplification. Aloe can actually work to fight most burns people experience by increasing the blood flow to the site of the wound, as well as increasing the amount of en-

zymes that reduce pain and redness, hence speeding up the healing process. Whether used from the leaf directly, or from a bottle of pure aloe that you buy at Walmart, they'll both have the same effect. As well, it possesses natural antibacterial and antifungal components, so putting it on cuts, rashes, and insect bites work well.

Dandelion (*Taraxacum officinale*): who would have thought that the plant our parents would curse as a weed would turn out to actually be beneficial to our health? Dandelion leaves are an appetite stimulant as well as a diuretic. The roots however, when mixed with raspberry leaves or on their own, are a woman's best friend during her menstrual cycle. The mixture will not only alleviate the cramping, but will also reducing bloating and irritation.

Licorice (*Glycyrrhiza glabra*): licorice is a laxative. I'm not going to beat around the bush on this matter. It will help with the digestive process and also reduces fecal backup. Whether you want to use it by making a tea of licorice root, or simply by munching on bagged licorice (like Twizzlers) that you buy commercial, the choice is up to you. Also worth mentioning, they help ease the pain of stomach ulcers.

Garlic (*Allium sativum*): garlic is your common cure for anything and everything. Believe it or not, I'm actually serious about this. Garlic has natural antiseptic and antifungal properties, and can be used by application to a wound to disinfect it. Also, it's a great remedy for yeast infections. If you take it internally, it's a great anti-clotting remedy for your bloodstream. The key to making garlic consumable is to cook it. When uncooked it tastes very, well, you probably know what it tastes like. But when cooked properly, it tastes sweet, and hence easier for your taste buds to handle.

Lavender (*Lavandula officinalis*): lavender burned as an incense works great to combat depression. In terms of scent, apparently taking a quick sniff of lavender oil whenever you



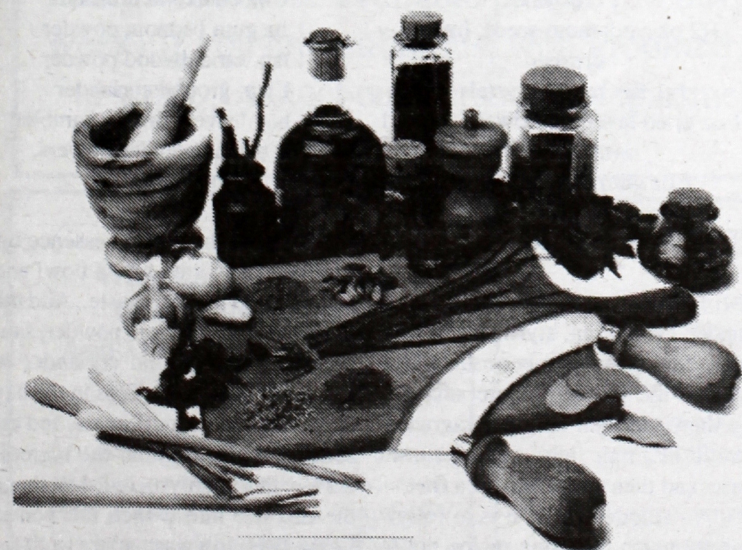
crave a cigarette can reduce your urges to smoke. In terms of healing properties, lavender oil applied to a wound, or even a piercing, will speed up the healing process. With note, however, don't leave it on permanently; rinse it off with warm water after a few minutes. Use it in a massage oil to remove aches and pains from muscles. Apply a mixture of lavender and eucalyptus to take down the swelling of a bee/wasp sting. Mix lavender, peppermint, and rosemary oils and dilute, then massage into your temple to help fight headaches. Drink lavender as a tea to calm your nerves. There are endless possibilities.

Ginseng (*Panax quinquefolius*): if you're looking for the fountain of youth, or elixir of life, then this is pretty much it. Ginseng is known for being a powerful aphrodisiac, restoring lost or spent sexual energy. But being young we still don't need this, right? Well it can also serve as a general energizer, as well as increase your appetite, or digestion, if there is a lack of either of these.

Rosemary (*Rosmarinus officinalis*): an infusion of rosemary will help if applied to a muscle sprain by alleviating the pain and encouraging healing. As well, rosemary is great for fighting headaches, depression, and works as a digestive stimulant. Or, combined with thyme and wintergreen it makes a great external massage oil for sore muscles.

Nettle (*Urtica dioica*): nettle is not a very commonly known herb in most circles. A primary herb in wicca because of its protective properties, its healing abilities haven't fully been explored. However, it is known to help fight cases of anemia. If you have an enlarged prostate, drinking this in a tea will help shrink it down. And, if the oil is diluted, it can be rubbed into muscles to help fight arthritis.

Valerian (*Valeriana officinalis*): mixing equal amounts of valerian and chamomile will make the most nerve relaxing tea that you could come across. However the herb on its own is a handy tool to combat stress, or even insomnia. There has been a lot of debate over this last subject, being that it is safe to take valerian before driving. Thus far no decision has been made, take heed that it will make you sleepy, so avoid driving afterwards if possible.



HOW TO PREPARE HERBS

Tisane

Also known as infusion, and is essentially the same as making a pot of tea. This is the best method to follow if using leaves or seeds. Measure out two teaspoons of the herb for each cup, then placing it in a warm pot add boiling water and let it seep for 10-15 minutes. Seeping it any longer than this is not recommended because it won't increase the flavor, but instead only causes the oils within the herbs to evaporate, some of which can be volatile. These mixtures should not be consumed anytime after 24 from the time they were made.

Tincture

Same as a tisane, except made with alcohol instead, hence increasing the shelf-life of the mixture. A tincture can actually last up to two years if stored properly, in a brown glass bottle with the lid tightly closed. To prepare it put 4 ounces of the dried herb into a jar and add two cups of alcohol, typically used is vodka. Secure the lid on tight, and leave for two weeks, shaking it occasionally, and then strain and use as required.

Decoction

Add one to two teaspoons of herb per cup of cold water, then place the mixture on a heat source and bring to a boil. Cover, and then simmer for 10 minutes. This is best for barks or seeds, and try to avoid using the mixture 24 hours after its preparation.

Poultice

Mix the chopped herb with boiling water to make a pulp. Take the pulp and place it in a piece of cloth and add it to the affected area while still hot, replacing with new ones when cooled.

Syrup

Prepare a two cup infusion of the herb and then add one 1 cup brown sugar. Heat up the mixture until all the sugar is dissolved and then pour it into a glass bottle and seal, storing it in the refrigerator in between uses.

Steam

Take a strong decoction of your herb, one or two drops of the desired essence oil, or two teaspoons of a tincture to boiling water. Cover the pot and your head with a towel, and inhale or let the steam sink in, whichever is your desired effect.

Ointment

Melt petroleum jelly in a double boiler and add plenty of herbs, making sure that the melted jelly covers the herb. Simmer until the herbs are crisp, then strain into jars while the mixture is still hot.

Cream

You can either make your own cream, or purchase a water-based, unscented cream. Add the herb to the cream, and simmer in the top part of a double boiler for a half hour, then strain before it cools. Or to make your own, melt two ounces of beeswax in the double boiler. Add one cup of vegetable oil and mix. Add two ounces of the herb. Simmer for 20 minutes, mixing occasionally, and add one drop of benzoin as a preservative. Strain and pour into a jar.

Insect Repellents

Sure, mother nature may have created insects, but it doesn't necessarily mean that she wants us to suffer by them. I mean, like we don't have enough problems that we need the added bonus of the annoying little pests. Well, as it turns out she also gave us an alternative to having to endure the always annoying busy, and persistently itchy bites resulting from their success in pricking us.

If you want to keep the moths away, which most people do for the sake of their clothing, try hanging lavender flowers and stems in your closet. As well as giving your clothes a beautiful scent, it will deter the moths from trying to attack. Another alternative: put rosemary leaves in a muslin bag and toss either into drawers, or hang in your closet.

Flies and wasps are another natural pest, and one most people try to avoid as much as possible. If this is the case with you, try rue or tansy leaves and stems. Just take them, either in dry or fresh, and sprinkle them around the area you'll be occupying to keep them away. If you're worried of them entering your house, just hang a bunch of either herb, or mixture of both, by the stems on your door and/or in your windows. At the same time, they'll make a nice decoration.

However, if the annoying little pests actually do succeed in biting/stinging you, what do you do then? Well there are a few options. If you get stung by a bee or wasp, first thing you should do is remove the stinger, then wash it thoroughly with an alkaline solution of water and sodium bicarbonate. Afterwards, dab on some eucalyptus or lavender oil and apply it to the wound. Both serve to promote healing and reduce the heat produced from the sting. These are the simplest methods to reduce swelling and the pain, however there are others as well. You can apply a nettle leaf, or cold witch hazel. An old remedy is to put sliced onion on the sting and secure it with a bandage, leaving it on for a period of time so that time has elapsed enough to begin the healing process. Like garlic, onion is a universal cure-all, and pretty much useful in almost any ailment, including bites and stings.

This disclaimer is just so if one of you uses these herbs and messes up, we can't be sued.

This feature is for entertainment and informational purposes only!

So before you mess up, contact a physician, pharmacist or herbalist and if you have already messed up, contact the physician first!

When You Have A Cold and Are Literally Blue

The end of autumn is approaching and with that comes winter. With winter comes snow, with snow the ice and cold. And with that, subsequently comes the cold and flu season. Mind you, it's quite normal, or at least for me, to catch colds year round. Allergy season is the worst, because you can never tell which you have. But, either way, you have symptoms; the cough, sneezing, headaches, aching muscles, and sore throat. So here's what you can do to at least make your visit with your bed as comfortable, and bearable, as possible.

First thing you have to do is narrow down your symptoms to their specifics. Is your throat just naturally sore, or is it sore from the coughing? Is it really a headache, or just sinus congestion? Is it stomach upset, or nausea? If you don't know exactly what the source of your malaise is, you can't very well treat it. So, once you have that covered, you can actually begin the treatment of your problem.

So you've decided your throat is sore due to your constant coughing. What to do now? Well, try a cup of tea containing either sage leaves or comfrey root. Or if you feel up to it, mix them together and try that. What happens is the sage causes the production of more mucous in your throat, which will lubricate it and minimize the irritability caused by the dryness. But if tea isn't your thing, you could always make your own herbal cough syrup to remedy the situation. To do this, simmer one teaspoon of lightly crushed aniseed seeds and one tablespoon powdered licorice root in three cups of water for 20 minutes. Pour over 2 teaspoons of thyme leaves, cover, and let sit for ten minutes. Afterwards, strain the mixture and drink one cupful, hot, three or four times a day.

Or, you've determined that your **sore throat** has no real reason for being sore, it just is. Well, the best way is a cup of lemon tea. Either use lemon juice to flavor it, or lemon rind, either one works. Or, you could try a throat gargle. There are two options here: sage and vinegar, or thyme and lemon juice. Place one teaspoon of the herb in a cup of boiling water for ten minutes. Afterwards add one teaspoon of vinegar/lemon juice (depending on which you are making). Gargle with a bit of it, and then drink the rest.

You have a **headache**? No problem. This is probably the most popular category with most herbal remedies, or at least comes in a close second to stomach aches. Mint teas, more commonly peppermint, are the best way to get rid of a headache. Lavender tea can work just as well, or even feverfew tea will help. If you follow this last one, have honey on hand. It is said to taste rather bitter, and will require the sweetening. But once again, if you're not into teas, try an herbal rub. Dilute either peppermint, lavender, and/or rosemary in vegetable oil, and then rub into your temples. Or another alternative to the mixture is to put a few drops onto a handkerchief, and then close the lights and rest, inhaling the scent.

So it's not a headache, and instead is **sinus congestion**. No problem. Just like in headaches, mint tea will help get rid of your problem. The tea will unclog the nasal passageways by the steam and the herbs will help to keep it that way. Lack of congestion, lack of a problem. Another alternative is to toss 5 bay leaves into a pot of boiling water, and then drink the mixture as fast as possible. For the non-tea-inclined, try a facial steam. I know it sounds feminine, but it will really work. Add one cup of peppermint to hot water, not boiling, but enough to steam. Then cover the mixture with a towel, leaving only enough room for your head to slip in, and inhale the fumes. Soon enough you'll have no more breathing problems.

Almost anything will help you get rid of a **stomach ache**. My favorite is peppermint and allspice tea. Chamomile is a great second, but one I don't use often because I'm allergic to it, so it usually puts me to sleep soon after consumption. Angelica works great as well, as does fennel. However, fennel smells and tastes very much like black licorice, so if you don't like that, you won't like the tea. Other mint teas can be particularly useful to get rid of stomach aches, of which lemon verbena is definitely a tasty mint to choose. And well, if you don't like tea, find some other way to ingest the herb. Otherwise this is clearly not an option to get rid of the pain.

It's also quite possible it's just **nausea**. Nausea isn't just a pregnancy thing; I actually get quite nauseous when I catch colds, which makes for interesting times in long lectures. The best thing I can suggest is ginger. You can toss it into dishes, or you can drink it as a tea. Burn it as an incense, whatever turns you on. There aren't many options to solve this problem, so pretty much milk what you can.

There are of course other symptoms to your colds. For a **fever**, try a coriander and basil tea. Blackberry works all the much better (this one is also great for menstrual cramping). For **aches and pains**, my best suggestion is buying a bottle of lavender massage oil. It relaxes your muscles naturally, and smells great. Taking a hot bath beforehand gives your pores a chance to open up and hence easily absorb the oil into your skin. Pop Echinacea like candy. Well okay, not literally like candy. But max out the dosage, because it will help you fight off the cold faster and better than you could ever imagine. And as for anything else, well, I wish you the best of luck.

Herbal Feature Herbal Products, For Your Head To Your Feet

by Sarah Hamelin
Asst. Features Editor

We put our bodies through a lot. Just look at our hair in example. Shampoo, condition, brush, comb, blow dry, straighten, tug, pull, yank, fry .. you get the picture. It goes through a lot just so that we can look good, and very rarely gets any reward or thanks for its troubles. So why not thank it with a nice herbal conditioner, or repay your feet for that five hour shop-a-thon. Well it's very much possible, and all in the comfort of your own home, and without totally breaking the bank.

When it comes to your hair, you have to be careful with herbs because they vary from type to type. What works great for someone with dry hair could be hell for someone with oily hair. So for dry hair, use comfrey or marsh mallow (yes, it's actually a plant). Oily hair requires peppermint or lavender, and dull, lifeless hair requires fennel, parsley, rosemary, or garlic. If you find you have frizzy hair, try making a controlling lotion using ten tablespoons of tisane from the desired herb, and to this add one tablespoon eau de cologne, and one tablespoon glycerin, adding it drop by drop to the tisane. Store in a bottle and voila! Add as required without worry of chemicals damaging your hair. Considering lightening your hair? Try chamomile. Darkening? Sage or rosemary works best.

When it comes to your face, if it's anything like mine, you get acne. It's a pain to get rid of, and unpredictable in its target zones. So how do you fight it? Well over the past couple of months this miraculous product called tea tree oil has overtaken the market claiming to prevent and get rid of acne with its mere presence. Well, this is pretty much accurate. It is a rather effective tool against pimples, having personally noticed a decent reduction after a few days use. However, if it's not your thing, you could try herbs such as comfrey, chamomile, marigold, sage, or even garlic, by rubbing a clove of this on the pimple. Typically you make a cold infusion of these and spread it over your face like you would a normal astringent. Or, you could add it to a cream (sage works well like this) and use it to moisturize in the morning, with the added advantage of acne fighters working for you.

To generally reward your face, try a facial steam, which consists of adding 2 cups of herb (lavender, peppermint, marigold, witch hazel, or mint) into boiling water and letting the steam seep into your pores, opening them and letting all the dirt out. Cover your head with a towel and sit like this for five minutes to get the full effect. If you're going for a mask, try a grapefruit and parsley one (I saw this recipe in October's Seventeen). Mix three tablespoons of oat-

meal with two tablespoons of parsley, and the juice of a large grapefruit. Apply it to your face and let it sit for 15 minutes while laying down, and then rinse it off with warm water. It leaves your skin feeling rather soft and silky I find. For an optimal cleansing, try the steam, then the mask, to get your pores deep down clean.

In the winter, your lips always get chapped up, causing bleeding and sensitivity. Try carrying an aloe stick in your pocket and applying it before you go outside. Unlike tasty products like Lipsmackers, the aloe tastes horrible, so you're guaranteed not to lick it off. As well, it will work to heal up any damage previously done from the cold. Also, reward your mouth from the curse of morning breath with a refreshing mouthwash. Yes you can make mouthwash, and without the alcohol base. In a bottle 1 1/4 cups of mineral water and to it add 6 drops of each peppermint and tea tree oil. Cover and shake well, then gargle with when required, but while being careful not to ingest.

Reward your body with a purchased bottle or massage oil, or make it yourself by adding the essence oil of the desired smell to a variety of different oils, like peanut, corn, almond, or sunflower. My personal favorite is one I make myself, which consists of a mixture of peppermint with soybean oil. Maybe one day it will be on the market.

Herbal Incenses

Aromatherapy has become a rather popular trend over the past few years, with it branching out from the initial oils and candles to bath oils, beads, shampoos, and incense. Typically the oils, candles, and others tend to stick to the same four or five scents labeled 'relaxation' and 'energizing'. However, when it comes to incense you're presented with more variety and not stuck with generalized labels like the before mentioned.

My personal favorite scents are frankincense, and amber. Frankincense actually comes in the form of these little crystals that are near impossible to mash up. Though there are a few things in the chemistry labs that would be awesome for this purpose, it's doubtful they would actually let a stranger with a bag of little white rocks go anywhere near their instrumentation. Either way, it's a pretty good scent. Same with amber; it's actually a stone, and yet is probably the best scent I have ever encountered.

For the most part however, incenses are not made from stones, but instead from herb roots, leaves, or powders of either of these. Because of this, it actually makes it rather easy for you make your own so you can customize your scents to the exact way you like it, plus it'll save you a few bucks in the end. The tools required? A mortar and pestle, and the required ingredients. Then just decide which style you want to make it as, depending on its purpose.

Recommended scents to try:

lemon verbena, lavender, peppermint, magnolia, patchouli, sage, rose, vanilla, frankincense and myrrh, sandalwood, amber, strawberry, lemon and/or orange rind, and jasmine.

Incense powders are great to use at bonfires or with any outdoor fires, however should avoid being used in enclosed and unventilated areas. To make it add the following ingredients:

1 oz sandalwood powder
1/2 oz coriander seeds, lightly crushed
1/2 oz cardamom seeds, lightly crushed
1 tsp. myrrh crystals
1 oz dried lavender flowers, ground into a powder
1 oz gum benzoin powder
2-3 drops essence oil with the desired scent

Mix together the sandalwood, coriander, cardamom, myrrh, and lavender. Stir in the gum benzoin, which makes the whole mixture stick together, and then add the fragrance. Store in an air tight container until use, and then sprinkle over a fire.

Another method is to follow pretty much the same recipe but to form cones from the mixture instead. The ingredients for this method are the following:

5 tbsp gum arabic crystals
6 oz charcoal, brushed
1 oz gum benzoin powder
1 tsp. sandalwood powder
1 tsp. ground coriander
1 oz bay leaves, finely crumbled
1 oz dried lavender flowers, powdered

4-5 drops of the desired essence oil
Put the arabic gum into a bowl and add water to mix to a paste. Add the charcoal, gum benzoin powder, sandalwood, and ground coriander to the arabic gum mix. Toss in the bay leaves and lavender flowers, and essence oil. Stir until all the ingredients are thoroughly mixed, then shape the mixture into 2 inch tall cones. Leave them in a warm place to sit for two days, then wrap them in foil to keep the aroma. When you decide to use it, just light the tip and voila!



Career Column

The Job Search: "Networking"

by Paddy Blenkinsop
Counselling and Resource Centre

In my last two columns, I wrote on finding information on the Net about self-assessment and jobs. This week I want to talk about the other sort of "networking", that which involves contacting other people, getting information from them, and giving information to them. Your fingers can only do so much of the talking; **people are your best resource.**

Networking is way of gathering information, making contact and, we hope, getting jobs. Ask anybody how they found their job, full-time or part-time, and I am sure most replies will be that they knew somebody, who knew somebody, etc. The good networker will be able to get feedback on him- or herself, find out about different jobs, make contacts with key people, and finally be in the right place when the job opens. So you can start now to develop your networking skills, even if you're in first year and not thinking of a permanent job.

To network, you start where you are, with family and friends and acquaintances. You ask for feedback and information about whatever concerns you at this particular point in time. "I'm thinking of going into teaching, accounting, etc. What do you think?" "Do you know of anybody who does that sort of work? Will you introduce me?" Schoolteachers, professors, other students are all good sources of information with their own network of contacts on which you might draw. There is no limit to your potential network, and the nice thing about networking is that it uses the simplest of methods, communication or talking to other people. Though this is easier for some than for others, talking to people is a skill that most of us already possess.

Your own networking may be very organized - making lists of contacts, taking notes, building a "network file" - or you may prefer to do it informally. The more urgent and important your goal, the more organized and deliberate you will want to be.

Some other excellent forms of networking are the following:

- Volunteering. It offers experience, information, and contacts.
- Information interviewing. Locating and talking to people who are doing the sort of work that interests you; what do they do? How did they qualify to get there?
- Attending conferences or workshops where you would meet people doing the work that interests you.
- Joining associations or clubs in the area of interest. For example, at Laurentia there is a very active student medical club.

So get networking and build up knowledge and contacts that will help you when it comes to getting that job.

NOVEMBER CAREER TESTING Room L338, 3rd Floor, Parker Building

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21 (Français)	15th (English) 29th (English)

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Arts & ENTERTAINMENT

QUOTE OF THE WEEK

For those of you who complained about Hugh's claiming that *Scream* and its ilk aren't really horror movies, here's another testament from someone else who has some idea of what he's talking about...

"To me all good horror movies have a vibe that you get into whether it's *Frankenstein*, *The Exorcist*, *Seven*, *Dawn of the Dead*...it doesn't matter, somehow you're there. You're trapped in this world of the movie and you can't get out of it and that's why it makes people uncomfortable to watch it. But with the new crop of horror movies – besides the fact that they're so 'wink-wink, nudge-nudge, aren't we so much smarter than a horror movie,' which drives me crazy – they're nothing. They're like, let's just take whatever person is hot now and throw on this music that doesn't fit and it doesn't create any kind of world or anything. To me they're not horror movies...they're more like big budget *Nancy Drew*, *Hardy Boys* mysteries and some guys running around with a crummy mask and a knife or something. There's no horror, where's the horror? The better movies are the ones with the better villains. These movies don't go anywhere. It's just a bunch of kids that you'd like to see get killed but never actually do get killed."

-Rob Zombie, Musical God and Director of the upcoming horror, "House of a 1000 Corpses"



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Wednesday, November 15th
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The Pub will not be open until the concert
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Seeds of Conspiracy

by Nick Stewart
Entertainment Editor

Although I've always been attempted to keep you up to date with all the latest news and heads-up info in the world of day-to-day conspiracies (and believe you me, there's more than enough out there), we're sorry to say that I've been rather behind in my duties...by, oh, say, about a year. It isn't my fault, though...I've just recently triggered a chain of events that proved to me that I was captured and brainwashed into thinking that maybe all these conspiracies I kept finding were all in my head. Well I showed them! I'm back and here with another one fresh from the presses...though, if you take it from a different perspective, it's been going on for a long, long time...

The Foundations of a Conspiracy

To understand this conspiracy of evil, one must come to grips with its very core: the Rockefellers. Having stepped onto the shores of America back in the early 1800s in the form of Johann Rockefeller, this extremely prominent family has since risen to power in many capacities throughout the world. Though their outward connections have long been with large international banking organizations in many countries, they've long been associated with a more covert and sinister group. That group, my friends, is the Illuminati, the silent Shadowy Hand that encompasses us all, from our taxes to our food additives to our local governments. If you're think they're out for the greater good of us all...well, you're wrong. Though their agents are littered throughout the planet, only a small handful are truly in control of the grand scheme, issuing their mysterious commands for purposes unknown. Unfortunately for them – and much to relief of the greater part of mankind – one of their convoluted plans occasionally slips through the cracks and reaches those who would be targeted. This is one such plan.

The Evil Alliance

It all started back in 1934, prior to the major events that would initiate World War II. The Rockefellers, long known to be asso-

ciates with several world leaders and leaders-to-be, had recognized the innate character of a certain up-and-coming German individual by the name of Adolf Hitler. They saw in him the ability to greatly stir up the modern political climate and to reflect their own issues of control, because, ultimately this reflected the attitudes of the Illuminati. Not necessarily discriminating by color or creed, the Illuminati sought simply to control, regardless of ownership; "Private citizens, therefore, may continue to hold titles to property so long as the state reserves to itself the unqualified right to regulate the use of their property." Hitler certainly possessed this intention, and thus his war party received considerable financial support not only from the Rockefellers, but also from one of their 'recruits': a certain Prescott Bush, the eventual father of George Bush.

The Most Dangerous Game

Flash forward several decades; Dick Cheney, or "Chains" as he was known, was stationed near Greybull, Wyoming for the U.S. Military. He was merely an ambitious figure at that point, though he was rapidly developing connections that would lead him straight to the top. One such item was his involvement in what was called "The Most Dangerous Game," which was perpetuated by only a very select, very elitist few within the particular division. Without going into overt details, the members of this group would abduct random citizens, brainwash and "re-program" them while using them as mere toys within their human-based hunts through the woods. Cheney's vicious and continued involvement in this group has been documented in several now-abolished books, though it established his fascist views to a few important people...the Rockefellers. This attention was only further solidified as Cheney used his ever-growing connections to found Halliburton, Inc. and purchased considerable amounts of ownership in the global oil cartel, based out of the Caspian fields.

The Hidden Factor: The Bush-

Cheney Connection

George W. Bush followed a similar path, using his family's longstanding relationship with the Rockefellers to break into the oil industry and to spread the tendrils of control throughout the American fields. Although they saw considerable potential within his father, Bush Jr. simply didn't have the properly focused desire nor the intelligence to carry out the Illuminati's fascist plans; another leader was needed. It didn't take long for them to realize who fit the bill to a T...or in this case a C, for a certain Dick "Chains" Cheney. Not only did he have the proper aspirations and the IQ to implement them, but he also had the considerable connections necessary to protect his and his allies' interests. Thus it was decreed by the Rockefellers that Bush Jr. would use his father's name recognition and his affable, everyman charm to establish himself as the U.S. President, while Cheney would run as his Vice-President.

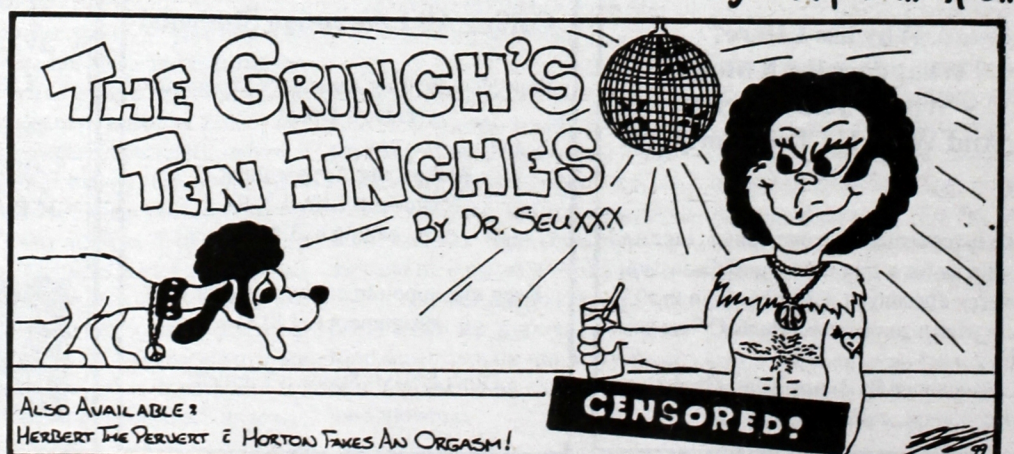
The Hideous, Hideous Truth

What Bush Jr. doesn't know, however, is that he will meet the same fate that JFK did at the hands of the Illuminati, leaving Cheney to rule America while sowing the seeds of the Rockefellers' whims. In preparation for this eventuality, the Rockefellers are planning to orchestrate a second Great Depression, where they would control who works and who doesn't through their web of lies. Dissidents would be rounded up in cattle cars and carted down to Camp McCoy in Sparta, Wisconsin. This camp was rehabbed for over \$30 million dollars to be converted into a series of Concentration Camps; a grim future for the "land of the free."

There you have it. I would like to thank Harold Dorland of Minnesota for bringing this entire issue to my personal attention. Not wanting to see his country converted into "another Nazi Germany," Mr. Dorland is presently running for the U.S. Senate and has notified various publications throughout the world as to his nation's plight. A worthy cause for sure; we can only pray that it's not too late.

DownUnder

by Mat Thompson



Book of Shadows:

BLAIR WITCH 2

by Hugh Panelas
Staff Writer

I have had enough of going to see a great scary flick when it first comes out. I have now sworn off going to see a movie that I have been waiting to see ever since Heather Donohue dropped her camera in the basement of Rustin Parr's house. Why, you may be asking? Simply because I am sick and tired of people that watch the movie and on the way out of the theatre bitch about how it sucked. I actually heard some guy say that it sucked even more than the first one did. Hello!!!!!! What in the hell made you come and see **Blair Witch 2** if you thought the first movie was bad? I'm glad to see that your brain is in your ass. Maybe if you weren't sitting on it you would have actually understood the movie.

I have been to see **Blair Witch 2** twice now and the second time was just as good as the first. Anytime a movie begins with a new Marilyn Manson song, you know it's going to be a dandy. The best way to describe how this movie operates is on a whole **Pulp Fiction** platform. Don't get me wrong, I am not saying that **Blair Witch 2** is like **Pulp Fiction**, what I am saying is that it has a bunch of choppy, out-of-place sequences are put together throughout the movie. The future is shown and then explained almost immediately. It's a rather interesting concept.

The story is about a group of teens heading out into the forest on the Blair Witch Hunt, a special tour of The Blair Witch Projects sites. After sending a rival tour group off to the infamous Coffin Rock, the group

relaxes with some smoking and drinking. Here's my advice, next time you decide to go camping in a wooded area haunted by a witch, don't bring a modern day witch with you. That's what Erika is and when she begins to play with her spells she disturbs the spirits of the Blair Witch and the 7 dead children. That's right all you uneducated horror movie fans, cast a spell to summon a demon and it will happen. Especially when you do it where it's a proven fact that the demon has been. That's what caused the Blair Witch to make her presence felt. A lot of moviegoers were upset because we never really get to see the witch. Once again how stupid are you people? Did we see Darth Vader's true face in **New Hope** or **Empire**? No, it wasn't until the trilogy was over that we saw his face and guess what, Blair Witch 2 is the second part in a trilogy. Sure, Tristen had a picture of what the witch looked like, but it was hand drawn from many years before.

What really stood out about the people in the theatre was the lack of respect for the story behind the Blair Witch. Maybe if they knew the legend then they would have understood all of the little quarks in the movie. By understanding the quirks you will understand just why this movie was so great. Ok, time for a lesson.

Rustin Parr was the man that kidnapped and murdered the seven missing children. When he was done he walked into town and stated that he was finally finished. Hmmm, sound familiar? Remember the little

hick general store where the man is lying on his back fixing the refrigerator? Remember what he says the second time that Kim is in the store, I am finally finished. Take a look at the credits people! It was Rustin Parr. **Book of Shadows** is a play on what Parr did. Parr told the police that a witch had told him to kill the children.

A lot of people had a problem with the way that the movie ended. I won't give that away but I will say this; the film was organized to start with the present, and it worked backwards until the end. The end is the continuation of the present day that was started at the beginning of the movie. Contrary to what people are expecting **Blair Witch 2** is not entirely shot by a hand held video camera. Some of it is and I felt that that was a good thing because you have to stay true to what the real story was like. There always has to be a common thread in a trilogy. Take it from me; don't listen to all of your friends who say that **Blair Witch 2** is a waste of money. It was a great movie that had its moments. People in the theatre actually screamed.

If what I have talked about has confused you, I recommend that you get your hands on a copy of the **Curse of the Blair Witch** documentary. This 45 minute video explains the legend of the Blair Witch and as a result you will know every name and event that the characters in the movie are talking about. However, if you can't watch it, go to **Blair Witch 2** with an open mind and really listen... it's not that hard to follow.

Scraping Roadkill Off the Information Superhighway

by Nick Stewart
Entertainment Editor

English as She is Spoke

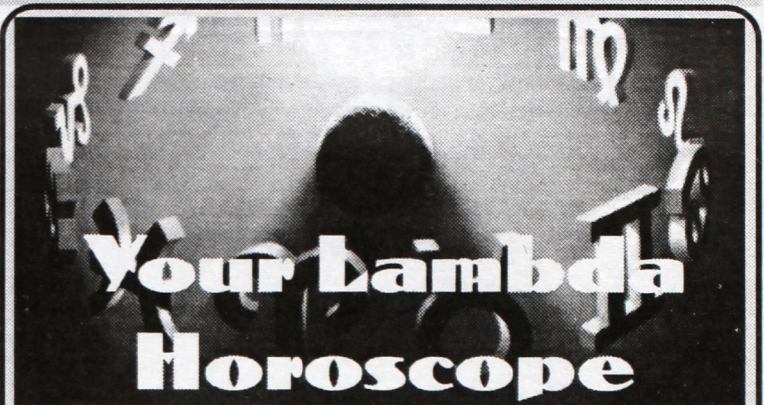
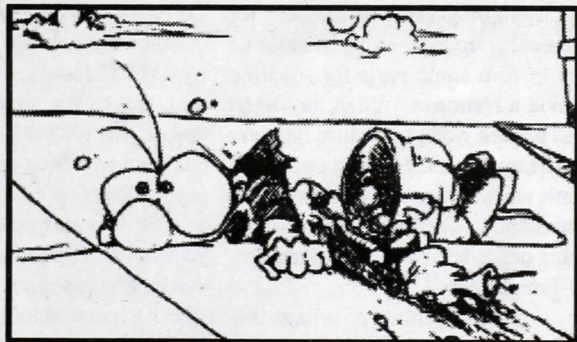
<http://www.fragment.com/~ganz/spoke.html>

Language can be a fantastic tool when used properly; on the other hand, it can make one helluva mess if you have no clue what you're doing with it (please, for the love of Gawd, never use 'hence' in my presence). This site provides a perfect example of Language Slaughter, by presenting "English as She is Spoke", what is "without question the worst phrasebook ever written." Apparently, some Portuguese guy wrote this book back in 1883 combining a Portuguese-to-French dictionary with a French-to-English phrasebook; the result was positively hilarious. The site includes pages upon pages of this book (which actually does exist, by the way) to be laughed at. For example: "One eyed was laied against a man which had good eyes that he saw better than him. The party was accepted. I had gain, over said the one eyed; why I se you two eyes, and you not look me who one." You can search through "Familiar Dialogues", "Familiar Letters", "Familiar Anecdotes", "Useful Words" (ex: we people like to eat "wigs" and "hog fat", and use "hog's lard" as a Seasoning), "Familiar Phrases" ("Dress my horse"), and my personal favorite, "Idiotisms and Proverbs." In this last one, foreigners can learn such classic English-language terms as "To buy cat in pocket," "To come back at their muttuns," and, of course, the all-important "To craunch the marmoset." Hilarious.

Find-a-Grave

<http://www.findagrave.com>

If you ever needed further proof that the Internet is the biggest non-productive thing ever created, this site would probably give you a bit of an edge in the argument department. As you might have guessed from the title, this site lets you search through more than 2.5 million different gravesites across the entire world in order to find some one you might know or someone that *everybody* knows. Occasionally with an added picture of the site in question, these searches might yield such results as Geoffry Spencer Millet, who died at the age of 15 by falling on an ink eraser while evading young women who were trying to kiss him on his birthday. You might turn up Frank "The Dasher" Abbundando, who - apart from having a cool gangster nickname - actually WAS a gangster in Murder Inc. back in the early '40s, who quite naturally was electrocuted in Sing-Sing. And yes, you'll actually find good ol' Elvis Presley's grave site...so if you ever wanna settle a bet with someone, pop by this site. What is perhaps the most disturbing grave listing of all, however, is that of St. Nicholas...better known to the world as Santa Claus! I'm not joking about it either (though I wish I were). There's even bizarre interest stories like that of Sarah Lockwood Paradee, the daughter of the infamous Winchester who rendered guns a mainstream accessibility. In order to atone for all the deaths that her father allowed with his work, she felt the need to continually add rooms to her mansion; at her death, she had built 160. As I said, very interesting site, and definitely worth your time, provided have no problems scouring the records of the DEAD!



Scorpio (October 23-November 22)

Don't let yourself slip! Keep your mind on what's important in order for you to be happy. Your mind has been on a summertime lover lately. He/she has been thinking about you too.

Sagittarius (November 23-December 20)

This week is almost over and thank god for that! Don't worry though, all your hard work paid off! Your love life may seem like a drudgery, but it's getting better by the day. New possibilities are always lurking.

Capricorn (December 21 - January 20)

The next few weeks will be a perfect time to get out and party. Your mid-terms are over and you can let your hair down. Go out, see your friends and have fun. Just don't complain when you are visiting the porcelain throne at the end of it all.

Aquarius (January 21-February 18)

Travel is in your sights for the weekend. Whatever the occasion, take this time to rejuvenate. Be extra careful of who you run into this weekend. An important letter is on its way. Read between the lines.

Pisces (February 19-March 20)

You may feel the temperatures rise between you and a loved one, but don't snap! Relax! Everything will blow over. It's time to start contemplating plans for New Years. Ask around, plans are already being made.

Aries (March 21-April 20)

You have a lot of social engagements this week. Don't pick and choose or someone will end up feeling ignored. A roommate may be getting on your nerves, just remember, everyone has something good to offer. Look harder.

Taurus (April 21-May 20)

A dramatic romantic influence will soon enter your life, if it hasn't already. The moon is in Jupiter, and you know what that means! Anything can happen...and will.

Gemini (May 21-June 20)

Stick to your guns and speak up for yourself for a change! It doesn't matter if everyone else thinks you're wrong...do what you have to do to make things right again.

Cancer (June 21-July 20)

You've always got an opinion about everything and this week your voice needs to be heard. You'll be forced to speak up about an important issue. Everyone will be listening, so be honest!

Leo (July 21-August 21)

New opportunity to make money is just around the corner, and god knows you can use it! Read the fine print before you make a final decision. Also, get your mind out of the gutter when it comes to sex relations. If you're not careful you'll end up hurting someone who really cares about you.

Virgo (August 22-September 22)

If you're bored with the routine of your life...change it! You'll be much happier when you do. You will find something more than you bargained for, but this is one chance you won't regret taking.

Libra (September 23-October 2)

Changes in your life have got you re-evaluating your beliefs about yourself and life in general. Take this time to think about your future and what you want. The rapids are strong, just ride the wave.



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3 PM - 5 PM

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Thursdays 11 AM - 1 PM
3 PM - 5 PM



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Every now and again I enjoy venturing, going if you will to my local cineplex where enjoy harassing fat children as well as watching a movie. I then proceed to review said movie in a little sumptin' sumptin' I call...

L.M.L.M.

(or Ladies Man Loves Movies)

Once again I've decided to go a different route this week. Why? Well who really gives a crap you've read this far right? You may as well keep going. I really feel like you and I don't know each other that well yet so I thought I'd reveal a little bit about me by giving you my TOP TEN MOVIES OF ALL TIME..... So here we go in no particular order. You don't need to be a lavish Hollywood Production, an award winner or an independent wierdo, you just have to make an impression on me....(insert joke about how I like my women.....here).

1) Pulp Fiction - Bar none, my favorite movie ever and arguably the best movie of the nineties. Made Samuel L. Jackson the coolest muthaf#cka in film (that's good), but unfortunately it revived John Travolta's career so he could make movies like Phenomenon, Michael, and Battlefield Earth (that's very, very bad).

2) Delirious - No movie has ever been funnier in my opinion. No plot, just Eddie Murphy on stage spewin' it for 90 minutes. I defy anyone who has seen it to say "Goonie Goo-Goo" without cracking a smile. No comedian may ever equal Murphy's performance on stage that night. And people who bitch and moan that this is not a real movie can cram it because it's more of a movie than you've ever made.

3) Die Hard - The movie that redefined the action genre. Before this, all movies had either Clint Eastwood, Charles Bronson, or the words American Ninja in the title. Yeah I came down hard on Bruce Willis a few weeks ago but in all fairness this was (is) his best role ever. He plays the everyman beautifully acting like his drinking and relationship problems are bigger than that gang of terrorists that just seized the building.

4) Ferris Bueller's Day Off - This movie simply kicks ass. It's about 15 years old now but could still be remade word for word in today's world because it was so ahead of its time. It really shows how idiotic adults can be some times and how it can be so hard giving up being a kid. Maybe this is why so many LU students take so friggin' long to graduate....

5) Braveheart - Ok, here's the Oscar winner. I'll settle for a 3 hour epic history lesson if it includes Mel Gibson on a 3-hour violent, bloody, pissed-off bender. Probably one of the only movies that deserved every Oscar it won.

6) Swingers - Truly a movie for guys who love movies. I still have to leave the room for the answering machine scene because it's too emotionally painful to watch in a bust-a-gut laughing kinda way. The story may take place in Hollywood but any guy can relate to it and probably will love it.

7) Dogma - Normally any of Kevin Smith's movies will do but this one is fresh in my mind and is as good the others if not the best. Have you ever gotten really drunk and start waxing philosophical with other inebriated individuals about "the point" of organized religion? Ok maybe it's just me but if I'm wrong then my other skeptics should enjoy this movie. It's the most hilarious look at religion since... since... just watch it ok?

8) Go - Often called Pulp Fiction Jr. but it's honestly so much more. Takes three stories that could have each been made into a movie (because they're each that good) and ties them together seamlessly. If you haven't seen this movie pick it up and I guarantee you will like it or you can kick me in the junk (please warn me first)....

9) L.A. Confidential - A rare combination of style and substance in a movie. Great story with a truly unbelievable cast. I defy anyone to find one bad performance in this film... I bet even the caterer's on this film were top-notch. Another film that won a shitload of Oscars and actually deserved them. Could Danny Devito possibly be the funniest little guy since Gary Coleman... or possibly Dorf?

10) The Usual Suspects - The best ending in a movie ever. Kevin Spacey may not have delivered a better performance yet although American Beauty was close. Anyone who can write in and tell me the line that all five men must say in the police line-up will get to buy me lunch (or dinner whatever's good for you).

So that's about it. Feel free to write in with your own top ten or criticisms of mine but if it's garbage I'll either throw it out or post it here so you can be made fun of by your friends and colleagues.

Until Next time Laurentian don't form an opinion on movies, that's my f***in' job!

Next Week: You guys get to see my yang; relative to this week's yin that is. Next week is the TOP TEN WORST MOVIES OF ALL TIME.

Arts & Entertainment

Because He's That Damn Good!!!

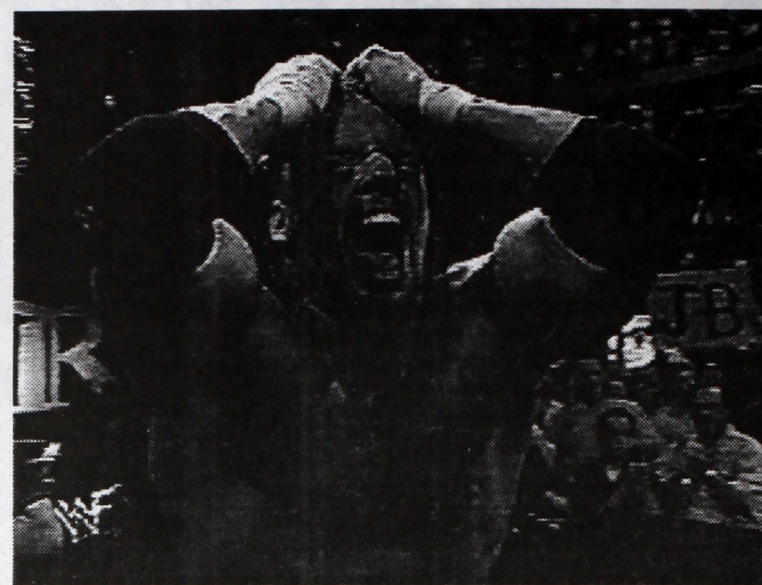
by Hugh Panelas
Staff Writer

I must say that this past Monday's RAW has to be the best show that the WWF has put on in the past couple of months. You can ask the people on 8th floor about how hyped up I was watching it. Honestly though, RAW was action-packed from the opening music right to the final credits.

I can now admit that Vince McMahon is a God. Yes that's right, the man is a God. While listening to his speech about how the WWF fans must go out and vote I couldn't help but think that Al Gore and George W. Bush had better call him and thank him for rallying the voters before their big day. I fully expect there to be a huge turnout in the Presidential voting in the USA. I mean think about it, who wouldn't want Vince, the king of propaganda, speaking on their behalf?

I think that the greatest thing the WWF could have ever done was make HHH the culprit that ordered the hit on Stone Cold. I was really getting worried and pissed off when it seemed that HHH was on a face turn. After tonight, Hunter proved that he is in fact the best heel ever to make his presence felt in professional wrestling. I am the biggest HHH fan and they even had me fooled. Although when he told Austin not to trust anyone, I knew something was cooking. Also, I thought it was kind of strange that Rikishi pulled out a sledgehammer. The first thing that went through my head was that the hammer is HHH's choice of weaponry. All in all, I lost it and almost danced around the TV room. And to top it all off, HHH even took out that punk Rock. That's right, I know the Rock is going to be off-camera for the next couple of weeks because he has to film some parts for his little movie adventures. Yeah, my heart was broken when I saw him fall over in a heap of flesh. I almost pissed my pants when he was driven away in the ambulance. So long Rock, finally some peace and quiet from your not-so-funny lines.

Now to think of where this will all lead. I don't know whether or



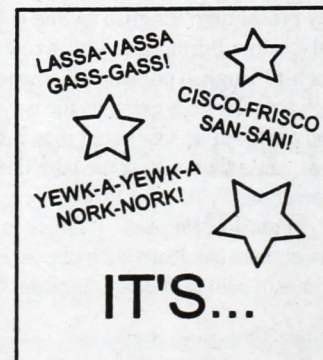
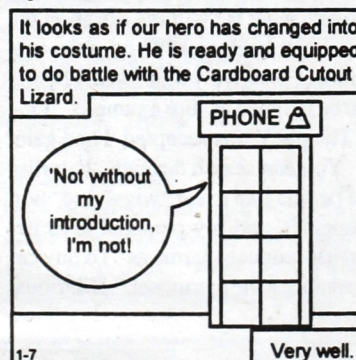
not to put DX as part of this whole Austin scheme. I mean they are all close and Survivor Series is around the corner. I expect to see HHH and Austin begin their feud now. Then again, maybe a tag team match featuring the Rock and Austin vs. Hunter and Rikishi is in order.

Ah yes, Survivor Series. I for one miss the old school days when it was the four on four team elimination matches. Unfortunately now the WWF doesn't have the roster or the story lines to perform 4 or 5 of these types of matches. Maybe now that Vince owns the WCW eventually they can return to the old format. I would really love to see that.

Speaking of WCW, I watched it this week and I must say that it really did suck. Who are they trying to kid? If they do in fact have all of this "young talent" then why are we forced to watch a juice pig such as Lex Luger make his return? I thought that they were finished with that guy. To make things worse DDP, who I thought came to his senses after the way WCW handled his wife's situation, makes his return. And to top that off, the idiot talked about how he has been wrestling dark matches and getting huge pops during them. I wonder why he told everyone, well I guess all the 10 people watching Nitro, that he was doing so. Maybe because when a person looks like a crack addict they usually are a crack addict

and perhaps the shit has finally fried his brain. Hell, why doesn't he just simply reveal some future story lines while he's at it. DDP wasn't the worst thing that us wrestling fans were subjected to on Nitro. That honor is saved for the presence of Ric Flair. Here's a guy who is older than Hogan and he is still drawing major crowd reactions all across the country. Yes, how about that "young talent." Aren't they gracing the television with their highflying acts? Hell no, we get to watch a bunch of washed up scrubs do what they do best, talk on the mic. Nitro was capped off by the Stone Cold rip off Goldberg winning yet another match. Well yippee shit; oh no he has to match his win total in order to get a title shot. Ha, what garbage. It was cool the first time around, now it just sucks ass. I think my new favorite punching bag in WCW will have to be Booker T or should I say the Rock rip-off. I'm sorry but all wrestling fans know that the Rock made himself who he is today. The man writes his own material, it may be a little outdated but it is his own, but he got there himself. Watching Nitro and seeing Booker T wearing a pair of shades and tilting his head in a Rock way just makes me laugh. Who knows, maybe Vince McMahon is just trying to make them look as stupid as they are. After all, he is the new boss.

ECONOMY MAN[®]



Written by Gabriel Noël



The Adventures of Psycho the Dog by Sabrina "Taz" Sandrin



Arts & Entertainment

Gossip

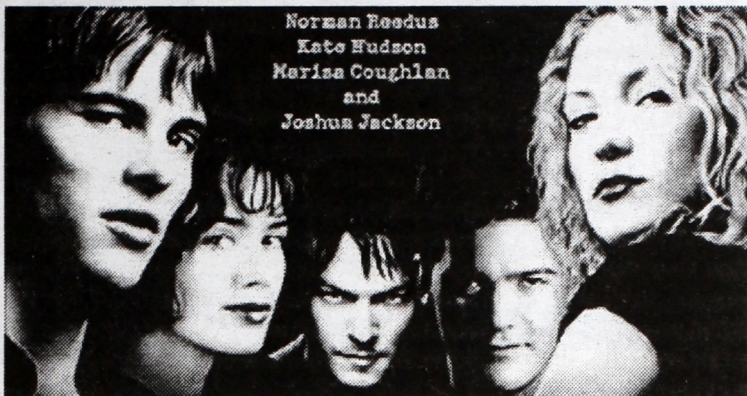
Thursday, November 9, 2000 / jeudi le 9 novembre, 2000

by Mat Thompson
Editor in Chief

This movie seemed to disappear from theatres faster than Jean-Claude Van Damme's career, but those who did get to see it, or have rented it were treated to a very interesting exploration into the phenomenon of *Gossip*. Sure, *Gossip* isn't one of the major problems facing our society today, but the movie shows the true power of words as it destroys lives, alters reality and becomes a game for those involved.

The premise is pretty simple, roommates Derek, Cathy and Travis (James Marsden, Lena Headey and Norman Reedus) decide, as a thesis for their University class on media, to start a rumor and track it's growth. At a club one night they come across their lab rats/victims, poor-little rich girl Naomi Preston (Kate Hudson) and her clueless boy-toy Beau Edson (Joshua Jackson). After witnessing the two making out in an upper room of a dance club, Derek starts the rumor that the two of them had sex. Naomi is known for her virtues and her decision against sex, so the rumor spreads like wildfire. They had sex turns to they did it three times, in view of others, standing on the bed while she wore rubber underwear and he invited others. They three-track their rumor, proud of the buzz they created.

The rumor takes a turn when Naomi decides to press charges of rape against Beau, believing the rumors, knowing that she passed out before he left. Cathy begins to show concern over the wrong turn the rumor takes as Travis becomes more obsessed with the rumor and Derek



revels in what he has created. There are many plot twists and turns that I will not ruin as they will ruin the movie for you. All I can say is every time the rumor is passed, it changes, grows and creates more carnage than a runaway transport on highway 400 during rush hour.

The basically unknown leads do a great job with their characters, portraying the emotional toll, or lack thereof, when the shit begins to hit the fan. Although their characters are key in the story of gossip, Kate Hudson and Joshua Jackson have relatively little screen time. Even though they are discussed more than seen, the two really shine as the emotionally tortured puppets of Derek, Cathy and Travis. Their performances leave you caring much more for them than the three lead characters.

Another person to watch for in the movie is Naomi's floormate Sheila played by Marisa Coughlan. although it is a small role, she plays a key role as the bridge between the rumors and reality, acting as a friend to Naomi all the while helping the rumor to spread. She may go unnoticed to most people, but I loved her in Teaching Mrs. Tingle, so why not

mention her here too!

The movie is visually jumbled, jumping from from video clips to reality to gossip, but in the end, just like Blair Witch 2, the movie needs that chaotic edge to portray the total chaos created by one simple little rumor. If the movie was made smoothly, running from scene to scene in a seamless manner, it would lose the impact. The students create not only a story, but enough words to destroy two lives, their sanity and maybe even their friendship.

I haven't seen too many reviews that were very complimentary for this movie, but I think the critics missed the point. The movie was not as much a story, but a reflection of what we, as a society, do to each other every day through articles, news, stories, telephone conversations and even idle chatter. *Gossip* makes you look back at the damage you may have created in the past with a few choice words about someone. I think this movie should have been much bigger than it was and recommend that people check it out. It is a little different, but it hits all the themes and points it needs to bring forward a good movie.

VINEGAR TOM

BY CARYL CHURCHYL



The Thorneloe Theatre Arts group proudly presents their fall mainstage production of vinegar Tom written by Caryl Churchill. This remarkable play portrays the struggle and hardships of women in a time when they were accused of witchcraft. The performance will be running from November 17th to the 25th with no show on Monday the 20th, at the Thorneloe Theatre. Each show starts at 8pm. Tickets are \$10 regular, and \$5 for students and seniors.

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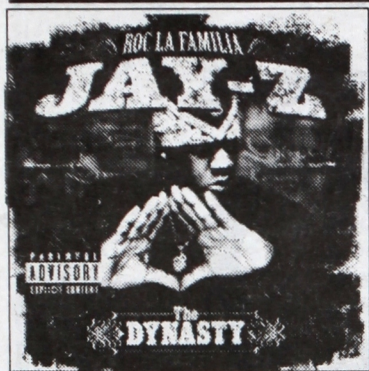
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MUSIC FOR THE MASSES

Reviews by Mat & Cobb



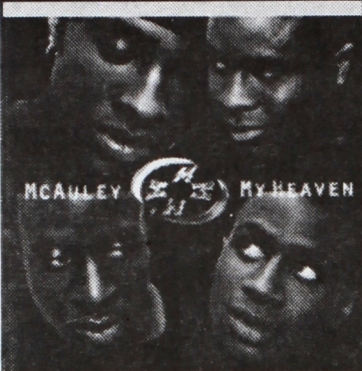
Jay-Z - The Dynasty Roc La Familia

by Cobb

Jay-Z, who is still reaping the benefits of his 10-month-old release, **Vol.3 The Life and Times**, hits the listener even harder with his fifth release **The Dynasty Roc La Familia**. I was eagerly anticipating this release, and was not let down when **The Dynasty** hit the shelf. This album seems to be Jay-Z's return to the earlier years. As I listened to it, I found it had the feeling of a best of album, as it blended all the flavors of his music. Jay-Z calls it more of a compilation, as one of the main focuses was to show off the talents of **Roc-A-Fella Records** label mates, **Memphis Bleek**, **Beanie Sigel**, **DJ Clue** and **R.Kelly**.

The first single is unique. **I Just Wanna Love You**, is filled with a deep James-Brown-type baseline, and a funky guitars. The tempo is slowed down on **This Can't Be Life**, featuring **Scarface**, a classic Jay-Z track which reminds me of **You Must Love Me** off the **Lifetime** album. The track accomplishes its goal, by providing the listener with Jay-Z's reflection of growing up in Brooklyn.

I loved this album from start to finish, **Memphis Bleek** and **Beanie Sigel** proved that they are comparable partners in Jay-Z's **Dynasty**. Pick up this soon-to-be classic.



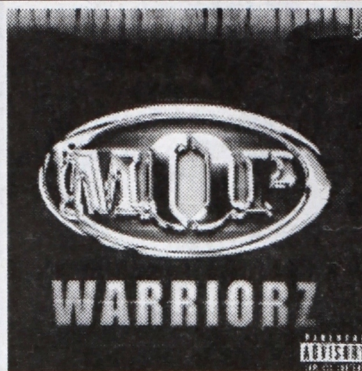
McAuley - My Heaven

by Cobb

Philadelphia may be the city of brotherly love, but London, Ontario has produced a musical quartet which is filled with the spirit of the home of the liberty bell. **Gary, Mark, George and Randy** make up the McAuley's smooth sound. These brothers are one of Canada's brightest up-and-coming soul/pop groups.

You have probably heard **My Heaven**, their first single which has flooded to top-40 radio. This track may get lost in the shuffle with all the other bubble-gum pop, but I was surprised when I gave the rest of the disc a spin, and noticed the more funky, soul side of the brothers. Inspiration for these tracks may have been found while opening for **Aretha Franklin**, **James Brown** or **The Temptations**.

This album wasn't too bad, it was nothing to write home to mom about, (well, maybe to Bubbles' mom). If you're into the whole bubble gum thing, go nuts, or if you want to support home grown music, pick it up.



M.O.P. - Warriorz

by Cobb

The first family rolls out the red carpet for their fourth album. The **Mashed Out Posse** proved once again with **Warriorz** that they rap for the streets from the streets.

During the rise of the Hip-Pop culture which showcased the likes of Puff Daddy and Master P, M.O.P. stuck to their guns and rhymed about everyday life. Although **Lil' Fame** and **Billy Danze** spit lyrics about the famous M.O.P., they have not enjoyed an overwhelming amount of success in the in the land of the platinum record.

Where they have become big is in the underworld of hip hop, only recently enjoying the life above the street. I can't understand why M.O.P. aren't bigger. They have all the ingredients to be a success. The raspy voices of both Fame and Danze pump up the already juicy **DJ Premier** beats. Vocal cameos on this album were scarce, but they were definitely to the point.

The two best tracks are **Ante Up** with help from mix tape messiah **Funkmaster Flex**, and **Home Sweet Home** which features the unique voice of Flipmode Squads' **Lord Have Mercy**. I thoroughly enjoyed Brownsville's first family, proving why the **Warriorz** are so powerful.



Samiam - Astray

by Mat Thompson

This is the second album I have reviewed by California alterna-punk rockers **Samiam**, and they still leave no lasting impression on me. They are a pretty good band with a pretty good sound, but there is nothing that makes them stand out among the rest.

Don't get me wrong, this band has got talent. They can rock with the best of them, but their sound, like so many others, gets lost in the whole alterna-punk genre that so many bands try to break through. The band has gone through many setbacks in their career with their last album being held up by their old record label, finally releasing it on a smaller indie label to have them fold, now releasing **Astray** on a another indie label, hoping to gain attention.

The first single from the album, **Mud Hill**, is pretty typical, just like the rest of the album. More than anything, the CD is a great CD to throw into a multi-disc player so once in a while you will hear something new that still matches will with other bands. **Astray** is available now, but I would recommend checking them out at www.gosamgo.com before shell-ing out the cash for the album.



Johnny Cash - Solitary Man

by Mat Thompson

Now I don't have much in the way of morals and standards, but I cannot for the life of me actually listen to this album without wanting to do physical harm to myself and others. They claim that listening to **Marilyn Manson** will warp your brain, but this album, for some reason, makes me want to go out on a random acts of violence binge!

Maybe the record company screwed up and sent me the wrong album. What record company would actually think that a school like **Laurentian** would actually want to see a review for the newest **Johnny Cash** album? Come on! And do you want to know why I will not actually listen to the album? Well, the first two tracks are cover songs; one of **Tom Petty's I Won't Back Down**, and the other is **Neil Diamond's Solitary Man**. Enough said? I think so!

People keep telling me that **Johnny Cash** is a legend, but what was wrong with country music listeners back then? Were they tone deaf and slow? A monotone drunk stealing other people's songs is not interesting. This is just torturous shit and I think that I will have to retaliate by sending an even worse CD back to Sony. Anyone have an extra **Hip** album they don't want.



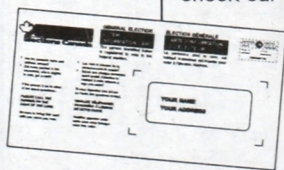
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